MY

COOKBOOK

INTRODUCTION

This cookbook contains a unique collection of regional and international recipes submitted by the employees of Massachusetts General Hospital. Proceeds from the sale of the book will go to the Employee Capital Fund Drive for building new patient care facilities.

The planned construction will cause major changes in the hospital's physical plant, similar to those when the George Robert White Building was erected in 1938. The section dividers in the book chronicle this earlier construction. Therefore, they act as a preview to the drama which will unfold with the new towers.

We sincerely hope that this cookbook will help you "build" exciting meals, as you have helped to build our new MGH!

Thank you.

The MGH Cookbook Committee

Emily Hajar, Chairperson
Patricia Beckles
Maeve Blackman
Terry Branch
Nadine Braunstein
Linda Dinius
Veetlyn Forde-Glasgow
Judith Hall
Doris Johnson
Glenn LaMuraglia, M.D.
Susan Laramee
Muffy Lutzin
Connie Martino
Evelyn Mobilia
Jean Piazza
Hilda Sequeira
Anne Sheetz
Rose-Marie Stukas

ACKNOWLEDGEMENTS

A special thanks to:

- Stanley Bennett for section-divider photographs

- Robert Butts for cover design

- Robert Galla for cover preparation

- John Lutz for assistance with final review of book

- Harold Warford for sharing his office with the committee

- our typists:

  Laura Clemons

  Deborah Decker

  Joan Folsom

  Michelle Martel

  Susan Smith

  Patricia Sullivan

  Elizabeth Warner

  Sylvia Weld

- the hundreds of employees who submitted their recipes, acted as sponsors and contributed to our successful bake sales.

List Your Favorite Recipes Here

Recipes	Page

Published and Printed By
Fundcraft Publishing, Inc.
P. O. Box 340
Collierville, TN 38017

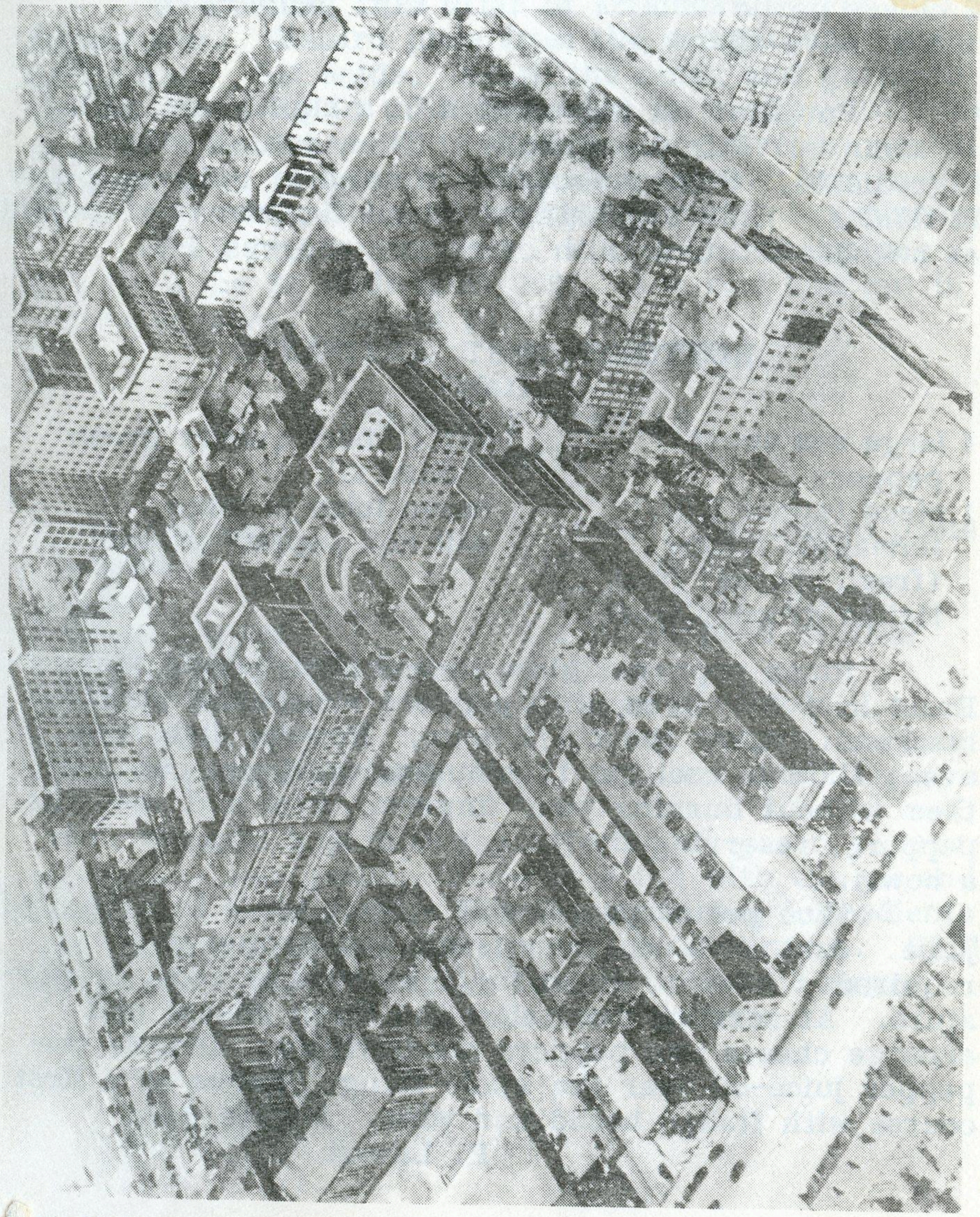
All rights reserved. No part of this book may be reproduced, stored in a retrieval system or transmitted in any form, or be reproduced by any means, electronic, mechanical, photocopying, recording or otherwise without the prior written permission of the publisher, except by a reviewer who wishes to quote brief passages in connection with a review for magazine, broadcast or newspaper.

Copyright © 1984 by Fundcraft Publishing, Inc.
Book Publishers Since 1909
Specializing in Fund Raising Programs for Church, Civic Organizations and Schools.

An aerial view of the MGH taken in 1935, 2 years before the beginning of construction of the White Building. Starting with the Bulfinch Building and moving to the left, the buildings are: Bulfinch, Domestic, Baker, Phillips House, The Massachusetts Eye and Ear Infirmary (at the corner of Fruit and Charles Streets), the Connecting Building, and the Clinics Building. In the center of the photograph, where the White Building now stands, are the Surgical Building and Bigelow Operating Theatre, the Gay Ward, and the X-ray Building. Directly opposite the Clinics Building is the Moseley Building, and below that is the Walcott House.

Appetizers,

Relishes & Pickles



EGGPLANT ANTIPASTO
(Italy)

3 c. cubed, peeled eggplant
1/3 c. chopped green pepper
1 medium onion, coarsely chopped
3/4 c. sliced fresh mushrooms
2 cloves garlic
1/3 c. olive oil
1 c. tomato paste
1/4 c. water
2 Tbsp. wine vinegar
1/2 c. stuffed green olives, sliced
1 1/2 tsp. sugar
1 tsp. oregano
1 tsp. salt
1/3 tsp. pepper

Put first six ingredients in a skillet and cook 10 minutes. Stir occasionally. Then add all other ingredients. Simmer about 30 minutes or until eggplant is tender. Chill overnight to blend flavors. Serve cold as an hors d'oeuvre with crackers. Serves 4-6.

Judy Hall

HUTTON'S BEST ANTIPASTO
(Italy)

4 large red sweet peppers
1 piece (about 1 lb.) formaggio fresco (fresh cheese; from Italian grocery store)
1/3 c. best quality green olive oil
lemon juice to taste
salt and pepper to taste

Rinse peppers; place in a 9-inch baking dish. Roast in a 400° oven until peppers slump and skin blackens. Allow about 1/2 hour. Remove dish from oven; allow to cool for 15 minutes, until you can peel them without burning your fingers. Peel and seed the peppers, reserving the juice (do it in a strainer over a bowl).

Slice peeled peppers in strips; place in a bowl of juice. Add olive oil, lemon, salt and pepper as required. Allow to stand for 1-2 hours at room temperature. At serving time, slice the fresh cheese and arrange cheese and peppers decoratively. Drizzle the pepper juice-oil over the whole thing. Serve as a first course with Italian bread and wine. Serves 6-8.

P. Lavori

ARTICHOKE SQUARES
(U.S.A.)

2 (6 oz.) jars marinated artichoke hearts
1 small onion, chopped
1 clove garlic, minced
4 eggs
1/4 c. dry bread crumbs
2 Tbsp. parsley, minced
1/4 tsp. salt
1/8 tsp. pepper
1/8 tsp. oregano
1/8 tsp. Tabasco sauce
1/2 lb. Cheddar cheese, shredded

Drain juice from 1 jar of artichoke hearts into a frying pan. Discard juice from the second jar. Chop artichokes. Set aside. Saute the onion and garlic in the artichoke liquid until the onion is transparent. Beat eggs in a small bowl until frothy. Add bread crumbs, salt, pepper, oregano and Tabasco sauce. Stir in the cheese, parsley, chopped artichokes and onion mixture.

Turn into a buttered 7 x 11-inch baking pan and bake for 30 minutes at 350°. Let cool and cut in 1-inch squares. Serves 20.

Barbara Pikl

EGGPLANT CAVIAR
(Jewish)

1 small eggplant, unpeeled
1 onion
1 green pepper
1 (4 oz.) can mushrooms
garlic to taste
1/3 c. salad oil
salt and pepper to taste
1 (6 oz.) can tomato paste
1/4 c. water
1 Tbsp. wine vinegar
1/2 c. chopped stuffed olives
3 Tbsp. pine nuts
1 1/2 tsp. sugar
1/2 tsp. oregano

Finely chop the eggplant, onion, green pepper, mushrooms and garlic. Place in a pot with the oil and simmer for 10 minutes. Stir the remaining ingredients into the pot. Cover and simmer for 30 minutes. Chill and serve cold. It may be frozen. Makes 3 cups.

Arthur Sober

HORS D'OEUVRES
(U.S.A.)

1 stick margarine
1/2 tsp. mayonnaise
1/2 tsp. salt
1 jar Old English cheese spread
1/2 tsp. garlic salt
6 English muffins

Soften cheese and margarine to room temperature. Mix all other ingredients together and add to cheese mixture. Spread on open English muffins. Cut each half muffin into six triangular pieces. Broil until bubbly. Serves 6-12.

Lynn Devaney

MUSHROOM SPREAD
(U.S.A.)

4 Tbsp. butter
3 Tbsp. chopped onion
1/2 lb. fresh mushrooms
2 Tbsp. Parmesan cheese
1/2 tsp. salt
1/8 tsp. cayenne
1 1/2 Tbsp. chives
1 Tbsp. parsley
1/2 tsp. lemon juice
2 Tbsp. flour
1 c. heavy cream

Melt butter in skillet; add onion. Stir about 4 minutes. Add chopped mushrooms and cook until moisture is gone, about 10-15 minutes. Add seasonings, flour and heavy cream. Heat until warm. Serve warm as a spread in miniature toast cups or on triangles of bread which have been brushed with margarine and baked at 325° until crisp.

Judy Hall

MUSHROOM CANAPES
(U.S.A.)

1/2 lb. mushrooms
4 Tbsp. butter
3 Tbsp. flour (level)
1 c. sour cream
1 small onion, grated
1/2 tsp. salt
1/2 tsp. fresh ground black pepper
1/2 tsp. mace
small toast rounds

Melt butter in skillet. Saute onion until soft. Add chopped mushrooms. When mushrooms are tender,

add flour and seasonings. Add sour cream and cook. Cool. Spread on rounds. Brown until bubbly under broiler. Serve immediately. Yields approximately 2 dozen.

Gail Grootemaat

STUFFED MUSHROOMS
(Italy)

1 lb. large mushrooms
1 small onion, diced
1 c. bread crumbs
1/2 c. grated Parmesan cheese
8 oz. Mozzarella cheese, cubed
4 Tbsp. olive oil
1/4 tsp. garlic powder
1/2 tsp. salt
1/8 tsp. pepper
1/4 lb. bacon

Wash mushrooms and remove stems. Chop stems and boil. Then set aside. Mix remaining ingredients, except bacon, in medium bowl. Add mushroom stems and enough liquid (from boiling) to make mixture moist.

Fill mushroom caps with filling. Top each Stuffed Mushroom with small piece of bacon and arrange on a cookie sheet. Drizzle lightly with olive oil. Bake at 350° for 25 minutes. Serves 4.

Karen Delvecchio

HOT POTATO APPETIZER
(U.S.A.)

baking potato (or your choice, 1 per person)
sour cream
lumpfish caviar
parsley
grated black pepper

Bake potato as usual. When done, cut lengthwise and add dollop of sour cream with caviar on top. Dress with parsley and black pepper.

Claudia Young, M.D.
Bill Sammons, M.D.

SPINACH BALLS
(U.S.A.)

2 (10 oz.) pkg. frozen chopped spinach
2 1/2 c. Pepperidge Farm stuffing
1 c. shredded sharp Cheddar cheese

3/4 c. margarine
salt and pepper to taste
oregano to taste
1 c. Parmesan cheese
5-6 large eggs, well beaten
2 cloves garlic
1 large onion

Cook and drain spinach (following directions on package). Mix in stuffing, cheese and egg mixture. Saute onion and garlic in margarine. Mix into spinach. Salt, pepper and oregano are mixed in next to taste. Mix all together. Make into balls and freeze until hard. Then bake at 400° for 20-25 minutes. Cool and serve. Yield: 30-40, depending on size.

Ann Marie Speicher

HERB SPINACH BALLS
(U.S.A.)

4 eggs
2 c. herb stuffing
1 medium onion, minced
1/2 c. Parmesan cheese
1/2 tsp. thyme
1 tsp. salt
1/2 tsp. pepper
1/2 tsp. garlic powder
2 pkg. frozen chopped spinach, cooked and drained (very dry)
3/4 c. butter, melted

Beat eggs well. Combine stuffing, onion, cheese and seasonings. Mix eggs, spinach and stuffing mixture. Pour melted butter over it. Mix well. Chill thoroughly. Roll in 1-inch balls. Bake at 350° for 15 minutes. Serves 10.

Marie Le Sieur

SPINACH SQUARES
(Middle East)

4 Tbsp. margarine
3 eggs
1 c. flour
1 c. milk
1 tsp. baking powder
1 lb. grated mild Cheddar cheese
2 boxes frozen chopped spinach, thawed and thoroughly drained
1 Tbsp. chopped onion

Preheat oven to 350°. Melt margarine in a 9 x 12-inch baking dish. In large bowl, beat eggs well. Add flour, milk and baking powder. Mix well. Add cheese, spinach and onion. Mix well and spoon into

baking dish. Bake at 350° for 35-45 minutes. Cool on rack for 45 minutes. Cut into squares. Yields 15 as appetizer or hors d'oeuvres.

Laurie Smith

BOURSIN CHEESE
(U.S.A.)

1 (8 oz.) pkg. cream cheese
2 cloves garlic, minced
1/4 tsp. dill weed
2 Tbsp. butter
1/8 tsp. dried thyme
2 Tbsp. chopped fresh parsley
1 Tbsp. dried chives

Beat together softened butter and cheese with a mixer. Add other ingredients and beat. This can be made ahead of time and kept frozen. Serve at room temperature on crackers. Yields approximately 1 cup.

L. Neville

BOURSIN CHEESE
(France)

8 oz. cream cheese
6 oz. butter or margarine, softened
1 tsp. chopped fresh parsley flakes
1 tsp. chopped chives
1 tsp. tarragon
1 small clove garlic, pressed or 1/2 tsp. dried parsley

Mix together and let stand for 3 days. Serve with crackers.

Judy Hall

FRENCH GARLIC-HERB SPREAD
(France)

1 (8 oz.) pkg. cream cheese
4 Tbsp. butter, softened
1/3 c. sour cream or yogurt
1/2 clove garlic, minced
1 heaping Tbsp. snipped chives or scallion tops
2 Tbsp. chopped parsley
salt and pepper

In electric blender or mixing bowl, blend well the cream cheese, butter and sour cream or yogurt. Mix in garlic, chives and parsley; season with salt and

pepper to taste. Turn into a small shallow dish and chill for 3 hours or overnight. Serve with wheat crackers, bread sticks or raw vegetables. Yields approximately 1 cup.

Patricia A. McGrail

BRIE EN CROUTE
(France)

1 small round piece Brie (young and firm)
1 pkg. Pepperidge Farm puff pastry
1 egg

Trim rind off top and sides of Brie. Thaw pastry per directions on box. Wrap Brie with pastry. Brush beaten egg all over pastry. Refrigerate overnight. Bake at 425° for 40 minutes or until golden brown. Let cool 40-45 minutes before serving. Serve with fruit, nuts and French bread or crackers. Serves 10-15.

Barbara B. Oppenheimer

FRUIT CHEESE BALL
(U.S.A.)

3 (8 oz.) pkg. cream cheese
1 (16 oz.) can crushed pineapple
1 box chopped sugar-coated dates
2-3 apples, peeled and finely chopped
1 pkg. walnuts, chopped
1 pkg. pecans, chopped

Let cream cheese soften. Drain pineapple very well or paper towel dry. Mix apples, dates, pineapple and cream cheese. Refrigerate 2 hours to stiffen. Mold into ball. Roll in chopped nuts. Serve with Ritz crackers. Serves 10-20.

P. Railsback

PINEAPPLE CHEESE BALL
(U.S.A.)

1 (8 oz.) pkg. cream cheese, softened
1 small can crushed pineapple, well drained
1 c. chopped walnuts
1/4 c. chopped green pepper
1 Tbsp. red onion, chopped
1 tsp. Lawry's seasoned salt

Mix cream cheese and pineapple with a spoon. Stir in 1/2 cup chopped nuts. Add green pepper, onion and seasoned salt. Chill 2 hours. Then roll into a ball. Place nuts on waxed paper; roll ball into nuts. Cover and refrigerate overnight. Yields approximately 3 cups.

Evon Quigley

TURKEY CHEESE BALL
(U.S.A.)

1 (8 oz.) pkg. cream cheese
1 c. finely-chopped, cooked turkey or 8 oz. Underwood canned deviled chicken spread
3/4 c. finely-chopped, toasted almonds
1/3 c. mayonnaise
1 Tbsp. curry powder
1/4 tsp. salt
chopped parsley
2 Tbsp. chopped chutney

Mix together cream cheese, turkey, almonds, mayonnaise, chutney, curry powder and salt. Chill several hours in rounded bowl. Shape into ball. Roll in chopped parsley. Serve with crackers. Yields 2 1/2 cups.

Dorinda Smith

ITALIAN COLD CUTS CALZONE
(Italy)

2 loaves frozen dough
any kind of cold cuts (German bologna, salami or pepperoni)
anchovies
green peppers
olives (optional)
Swiss or Provolone cheese

Stretch dough out on cookie sheet. Place rows of cold cuts and cheese, anchovies and olives on dough. Stretch out second dough and cover the cold cuts and overlap the dough under the first. Press down the edges. Slit over top with knife for air pockets. Bake at 400° until brown, about 10-15 minutes. Cut in squares. Serve as canapes.

Esther M. Cavallo

CAVIAR PIE
(U.S.A.)

6 hard-boiled eggs
3 Tbsp. mayonnaise
1 (8 oz.) pkg. Philadelphia cream cheese
2/3 c. sour cream
3/4 c. finely-minced onion, (squeeze out excess juice)
2-3 (1/2 oz.) jars black lumpfish caviar, drained
parsley (garnish)
lemon slice (garnish)

Finely mash (in food processor or by hand) the eggs with the mayonnaise. Spread evenly in bottom of 9 or 10-inch quiche dish or pie plate. Spread minced onion evenly on top of eggs. Whip together cream cheese and sour cream and spread on top of onion layer. Chill for several hours or overnight.

Before serving, spread drained caviar over all. Garnish with twisted lemon slice or parsley in center. Serve with Melba rounds, crackers or thin pumpernickel. Serves 10-20.

Marilyn Schwartz

ARTICHOKE DIP
(Colorado, U.S.A.)

1 large can artichoke hearts, drained and chopped
1/2 c. mayonnaise
1 (4 oz.) can diced green chilies (mild)
1/2 c. Parmesan cheese

Mix together. Put in casserole and bake at 350° for 35-45 minutes. It can be frozen. (I always double it!). Serve as dip with Triscuit crackers. It's a real winner!

Linda Andrist

FESTIVE BREAD DIP
(U.S.A.)

1 round loaf dark rye or pumpernickel bread
1 pt. sour cream
16 oz. mayonnaise
1/2 c. chopped onion
1 tsp. dill weed
salt and pepper to taste

Cut off the top of the loaf and scoop out the inside. Reserve pieces to dip. Combine ingredients

and fill the loaf with the dip. Arrange the chunks of bread all around the loaf. Yields 2 1/2-3 cups.

Diane Marino

MARINATED BROCCOLI AND DIP
(U.S.A.)

1 large bunch fresh broccoli

Marinade:

1/4 c. cider or wine vinegar
3/4 c. salad oil
2 cloves garlic, split
1 tsp. sugar
1 Tbsp. dill

Dip:

1 c. mayonnaise
1 1/2 tsp. curry
1 Tbsp. ketchup
1/4 tsp. Worcestershire sauce

Cut florets from broccoli leaving 1 to 1 1/2-inch stems. Split large florets to make them bite-sized.

Combine ingredients for marinade in jar and shake well. Place broccoli florets in a medium-sized plastic bag and pour marinade over them. Tie bag and refrigerate 3 hours to one day before serving.

Mix ingredients for dip and refrigerate. Drain broccoli, remove cloves of garlic and serve with dip. Serves 4-6.

Marilyn Swenson

CAVIAR DIP
(Russia)

3 oz. red caviar
8 oz. sour cream

Mix together. Do not stir too vigorously. One does not want to break the eggs. Do not use black caviar as this will produce a dip that resembles wet cement. Serve with fresh cut-up vegetables or salt-less or very lightly salted crackers. Serves 10.

Casserine Toussaint

HOT CHEESE DIP
(U.S.A.)

1 c. sharp cheese, grated
1 c. mayonnaise
1 small onion, grated
dash of Tabasco sauce (optional)

Mix all ingredients together (add Tabasco sauce if you like it tangy). Bake for 20 minutes at 400°. Check after 12 minutes (dip is done if golden brown on top). This is great for dipping pieces of bread or chips; it's very tasty. Serves 10.

Pat Beckles

TASTY HOT CLAM DIP
(New England)

1 stack Ritz crackers (36)
1 small can minced clams
1 stick butter
1 Tbsp. minced onion
lemon juice

Melt butter in an 8 x 8-inch pan. With a fork stir in clams with juice, onion and crushed crackers. Sprinkle with lemon juice. Heat at 350° for 20 minutes. Serve on Ritz crackers. This can be kept warm in low oven. Serves 8.

Pat Hooley

HOLIDAY CRAB DIP
(U.S.A.)

1 (8 oz.) pkg. softened cream cheese
1/3 c. mayonnaise
1 tsp. prepared mustard with horseradish
1 1/2 Tbsp. dried minced onion
1/2 tsp. seasoned salt (Lawry's)
1 Tbsp. dried parsley
dash of garlic powder
1 (6 oz.) pkg. Wakefield King crabmeat, thawed and separated into small chunks

Blend together the first five ingredients. Fold in parsley, garlic powder and crabmeat. Bake at 350° for 30 minutes. Serve hot or cold with fresh vegetable strips, crackers, etc. Makes 1 3/4 cups.

S. Bua

HOT CRAB DIP
(Southern U.S.A.)

1 can crabmeat
6 oz. cream cheese
1/2 c. mayonnaise
dash of Tabasco sauce
dash of Worcestershire sauce

Shred crabmeat. Mix remaining ingredients thoroughly and mix in with crabmeat until well blended. Place in casserole. Bake at 350° for 1/2 hour. Serve with fresh vegetable strips. Yields approximately 2 cups.

Joan Elkin

DILL DIP
(U.S.A.)

1/2 c. mayonnaise or yogurt
1/2 c. sour cream
1 tsp. lemon juice
1 tsp. grated onion
1/2 tsp. dill weed
1 tsp. horseradish

Blend together. This is excellent on or with fish or raw vegetables. Makes 1 cup.

Cynthia Beal Horley

GREEN GODDESS DIP
(U.S.A.)

3/4 c. sour cream
3/4 c. mayonnaise
1 (2 oz.) can anchovies, drained and chopped
1/3 c. parsley
3 Tbsp. chives
1 Tbsp. vinegar
1 garlic clove, mashed
1/8 tsp. pepper

Mix all ingredients. Let stand in the refrigerator for several hours before serving. Serve with a variety of fresh, raw vegetables. Yields approximately 1 1/2 cups.

Esther Ferrara

THERMAL, CALIFORNIA, GUACAMOLE
(Mexico)

3 ripe avocados
1 small onion
1 (8 oz.) pkg. cream cheese
1 tomato
1 Tbsp. lemon juice
2 Tbsp. green hot sauce to taste (chili salsa)
2 c. vegetable oil
salt
2 pkg. corn tortillas

Cut avocados and half scoop out. With potato masher or fork, blend with cream cheese. Dice onion and mix with avocados and cream cheese. Add green chili salsa; mix well and taste. Add more to taste. When taste is satisfactory, add diced tomato and lemon juice. Mix gently.

Heat 2 cups vegetable oil over medium-high heat. Cut each package of corn tortillas into 1/8 sections. Add 10 or so sections to hot oil; cook until crispy. Drain and throw into brown bag. Add a sprinkle of salt and shake chips. Repeat until all chips are done. Serve with Guacamole. Serves 10.

Bruce Burnett

GUACAMOLE DIP
(Mexico)

2 ripe avocados, skinned and mashed
1 clove garlic, finely chopped (add more as desired)
1 ripe tomato, chopped
1 tsp. jalapeno pepper, chopped
2 tsp. lemon or lime juice
6 drops Tabasco sauce (add more as desired)
2 scallions, chopped (with stalks)

Combine ingredients. It's best served after refrigerated for several hours. Serve dip with large unflavored corn chips. Yields 2 cups.

Elliott Miller, M.D.

HOMOS BI TAHINI
(Chickpeas with Tahini)
(Lebanon)

1 can chickpeas
4 Tbsp. Tahini*
juice of 1-1 1/2 lemons (depending on taste)

1/2 clove garlic, mashed (optional)
1/4-1/2 tsp. salt
parsley (optional)
pine nuts (optional)

Drain chickpeas and put in blender with remaining ingredients. Blend thoroughly. Garnish with parsley or pine nuts. Serve as a dip with Arabic bread, torn in mouth size pieces, to use as scoops. Yields approximately 2 cups.

Note: If mixture is too thick, it may be thinned with a little water added to the mixture and reblended.

*This is available in cans or jars in Middle East food stores and many supermarkets.

Emily Hajar

HUMMOUS
(Lebanon)

2 c. chickpeas, cooked
2 cloves garlic, mashed
2/3 c. sesame tahini
1/2 c. lemon juice
1/4 c. water
1/4 tsp. cumin
1 Tbsp. safflower oil

Mash chickpeas. Blend in remaining ingredients until smooth with food processor, blender or hand mixer (food processor is ideal!). Garnish with parsley or paprika and serve with pita bread. Easy! It can be frozen. Thin with lemon juice, if desired. Serves 6-8.

Kathleen McKool

HORSERADISH DIP
(U.S.A.)

1 c. heavy cream
6 Tbsp. horseradish

Whip the cream until it is stiff. Fold in horseradish. This is great for smoked oysters, smoked turkey, ham or steak, or to stuff black olives. Yields 1 cup.

Claudia Young, M.D.
Bill Sammons, M.D.

SHRIMP DIP
(U.S.A.)

1 c. sour cream
1/2 c. catsup
1 Tbsp. grated onion
2 tsp. A-1 sauce
1 tsp. horseradish
1 small can tiny shrimp, well drained

Mix all ingredients together in a blender and chill. Serve with vegetables or crackers. Yields approximately 2 cups.

Evon Quigley

DIP FOR RAW VEGETABLES
(U.S.A.)

2 c. sour cream
1 1/3 Tbsp. horseradish
1 Tbsp. paprika
1 Tbsp. minced chives
1 tsp. salt
1 tsp. tarragon
1/4 tsp. garlic powder
1/4 tsp. Accent
1/8 tsp. pepper

Mix all ingredients together. Chill 3-4 hours. Serve as a dip for raw vegetables. Yields 2 cups.

Barbara Carter

VEGGIE DIP
(U.S.A.)

1 c. mayonnaise
1 c. sour cream
1 Tbsp. onion powder (not onion salt)
1 Tbsp. dill weed (not dill seed)
1 Tbsp. Beau Monde (made by Spice Islands)

Mix mayonnaise and sour cream. Add seasonings. Serve with raw vegetables (carrots, celery, cauliflower, cherry tomatoes, etc.) Yields 2 cups.

Karen Slutsky

CHILI CON QUESO
(New Mexico)

1 Tbsp. salad oil
1/4 c. minced onion
1 (4 oz.) can chopped green chilies, drained
1/2 clove garlic, crushed
1/3-1/2 c. light cream or milk

1 (8 oz.) pkg. pasteurized process cheese spread, cut in cubes
1 c. grated Cheddar cheese
tortilla chips or fresh vegetables for dipping

In a small saucepan, heat oil over moderately high heat. Add onion, chilies and garlic; cook 5-7 minutes, stirring frequently, until onion is lightly browned. Reduce heat to low and add 1/3 cup of the cream. Then add cheese and stir until mixture is smooth. If necessary, thin sauce with additional cream. Serve in a small chafing dish with tortilla chips or fresh vegetables dippers. Yields 2 cups.

K. Bushnell

CHILI RELLENOS SQUARES
(Southwest U.S.A.)

2 (4 oz.) cans mild green chilies
3 c. (12 oz.) shredded Monterey Jack cheese
1 1/2 c. (6 oz.) shredded sharp Cheddar cheese
2 eggs
2-3 Tbsp. milk
1 Tbsp. flour

Preheat oven to 375°. Lightly grease a 9-inch square pan. If chilies are not already chopped, cut them into thin strips (look for them in the section of market with other Mexican food). Alternately layer drained chilies with cheeses, starting and ending with cheeses. Beat eggs, milk and flour together. Pour into pan and bake about 45 minutes or until firm. Cut into squares. Serve warm as appetizer. It may be eaten with fingers or toothpicks. Yields 16 squares.

Elaine Favello

MEXICAN GREEN CHILAQUILES
(Mexico)

12 corn tortillas, torn in small pieces, or 1 bag Doritos or Tostitos corn chips (nacho cheese flavor)
1 c. sour cream
3 bottles green taco sauce (LaVictoria)
1 bag shredded Cheddar cheese
1 boiled chicken breast (whole), shredded
vegetable oil

Lightly fry the Doritos or tortillas in oil and place in a baking dish in one layer, followed by layers of chicken, sauce, sour cream and cheese. Repeat until all supplies are finished, the last layer being cheese. Bake in the oven at 350° until cheese is melted, approximately 15 minutes. Serves 6-8.

Vesta Richardson, M.D.

JALAPENO HORS D'OEUVRES
(Texas - Mexico)

3 eggs, beaten
10 oz. Monterey Jack cheese, grated
1 (4 oz.) can mild chili peppers (or jalapeno)

Grease or spray a small glass baking dish (square or oblong). Mix eggs and cheese. Line dish with chili peppers. Pour eggs and cheese over them. Bake at 350° for 30 minutes. Cut in small squares. Serve hot or at room temperature. Makes about 40 squares.

Marie Le Sieur

MEXICAN SURPRISE
(Mexico)

1 large can refried beans
1 pkg. taco seasoning mix
2 c. sour cream
1 large avocado, crushed and sprinkled with lemon
4 scallions
chopped green and black olives
2 c. shredded Jack or Cheddar cheese
1 chopped tomato
tortilla chips

Layer each of the above ingredients, in order presented, on a large, deep plate or platter. Serve with tortilla chips. Serves 12-15.

Julie Wheelden

SUPER NACHOS ELM GROVE
(Elm Grove, WI, U.S.A.)

1 1/2 lb. ground beef
1/2 tsp. salt
1 large Bermuda onion, chopped
1 (1 lb.) can refried beans
3 1/2 c. grated Cheddar cheese

1 jar red taco sauce
1 mashed avocado and lemon juice
ripe olives
chopped green onions
plain corn chips

Brown ground beef, onion and salt. Drain fat. Spread beef on round serving platter. Layer beans, cheese and taco sauce on top. Cover and refrigerate. Just prior to serving, bake at 400° for 30-40 minutes. Put mashed avocado on top. Spoon sour cream around the avocado, sliced ripe olives and green onions on top. Serve with large corn chips. Serves 10-14.

Barbara B. Oppenheimer

NACHOS DIP
(Mexico)

1 (10 oz.) pkg. Cheddar cheese
1 can kidney beans, drained
1 (4 oz.) can green chiles, drained and chopped
1 large jar chopped green olives
4 tomatoes, chopped
1 c. scallions, chopped
1/2 pt. sour cream
Doritos or nacho chips

Shred cheese; mix with beans and chiles. Place mixture in round quiche dish or round platter. Melt in a 350° oven for 10-15 minutes. Let mixture set for 5 minutes to cool slightly. On top of cheese mixture, arrange other ingredients in circles, starting with sour cream in the center, olives, tomatoes and outside edge being scallions. Dip from inside to out using either Doritos or a spoon. Serves 6-8.

Wendy Potash

BITTEBALLEN
(Hors d'Oeuvres; U.S.A.)

1 (3 lb.) chicken (weight includes bones)
1 stick butter
1 c. flour
2 3/4 c. milk
salt and pepper to taste
1/4 c. parsley
1 egg
bread crumbs

Boil chicken 30 minutes or until cooked. Cool, bone and chop finely. Melt butter; add flour and milk to make very thick cream sauce. Add salt and pepper

to taste. Add parsley and chicken. Beat egg. Roll small balls in egg and then in bread crumbs. Freeze. Thaw before cooking. Deep fry at 375° until golden brown. Yields 130 balls.

Janet Albrecht

BUFFALO WINGS
(U.S.A.)

2 lb. chicken wings
1 stick butter
4 1/2 oz. red hot sauce
oil (enough to fry chicken wings)
Blue cheese dressing (dip)

Cover wings with oil and fry in electric skillet for 30 minutes or until golden brown. Drain on paper towel. Melt butter and red hot sauce in saucepan. Dip each wing in hot sauce and place in baking dish; cover with remaining sauce. Bake 15-20 minutes at 350°. Serve with thick Blue cheese dressing as a dip (commercial preparation acceptable). Serves 10.

Elinor Deering

MARINATED CHICKEN WINGS
(U.S.A.)

1/2 c. soy sauce
1 tsp. ginger
3/4 c. orange juice
4 Tbsp. brown sugar or honey
1 onion, finely chopped
1/2 c. ketchup
pinch of garlic salt
5 lb. chicken wings

Mix all ingredients together, except chicken. Dip and coat chicken wings in mixture. Place in baking pan and bake at 375° for about 1 hour. If pan dries up during baking, add orange juice and soy sauce for moisture. This sauce coats approximately 5 pounds of wings.

Robert Gavazzi

MARINATED CHICKEN WINGS
(U.S.A.)

4 lb. chicken wings
1/2 c. oil
1/2 c. soy sauce
4 cloves garlic
1 lemon, cut in quarters, or lemon juice concentrate to equal 1 lemon

Cut wings in halves at joints. Mix marinade ingredients together and pour over chicken wings. Marinate overnight. Bake on cookie sheet greased with oil in a 400°-450° oven for approximately 30 minutes. Baste chicken wings at intervals with marinade. This serves a crowd.

Evon Quigley

MARINATED CHICKEN WINGS
(U.S.A.)

2-3 lb. chicken wings
4 c. brown sugar
1 tsp. Dijon mustard
1 1/2 Tbsp. cornstarch
2 stalks scallions, chopped
1/2 c. soy sauce
2 Tbsp. white wine
1 clove garlic

Mix all ingredients together. Marinate chicken wings overnight. Bake 1 1/2 hours at 350°. Be prepared to share this recipe! They are really great! Serves 6-8.

Hilda Sequeira

MINCED CLAM HORS D'OEUVRES
(New England)

3 Tbsp. butter
1 small onion, minced
1 1/2 Tbsp. flour
1 can minced clams
1/4 tsp. garlic powder
1/4 tsp. Worcestershire sauce
1 loaf thin sliced bread, crusts removed and each slice rolled thin

Melt butter; stir in onion and cook slowly until mixture is clear. Add flour and mix until smooth. Add clams with liquid; add garlic powder and Worcestershire sauce. Cook until thick, stirring constantly.

Put small amount on slice of bread and roll up. Freeze. When ready to bake, cut each roll into 3-4 parts; place on a baking sheet with edge down. Drizzle butter over all and bake at 375° until brown, approximately 15 minutes. Yields approximately 4 dozen.

Judy Hall

CRABMEAT CANAPES
(U.S.A.)

7 oz. crabmeat
1 jar sharp Cheddar cheese spread
1 1/2 tsp. mayonnaise
1 stick margarine
1/8 tsp. garlic powder
salt and pepper to taste
English muffins

Combine all ingredients, except English muffins, using food processor (food processor makes it easier!). Spread on uncooked muffins. Broil until brown and bubbly. Cut into eight sections per 1/2 muffin. You can make ahead and freeze. Just follow steps up to broiling. Yields 75 per batch.

Maryanne Spicer

CRAB STUFFED AVOCADO WITH LAMAZE SAUCE
(U.S.A.)

1 lb. crabmeat
2 ripe avocados
1 1/2 c. mayonnaise
1 Tbsp. prepared mustard
1 Tbsp. ketchup
1/2 tsp. parsley
1/2 tsp. horseradish
1/2 Tbsp. chili sauce
1/2 tsp. A-1 sauce
1 Tbsp. chopped celery
1/2 tsp. chopped green pepper

Lamaze Sauce: Blend thoroughly mayonnaise, mustard, ketchup, chili sauce and A-1 sauce. Then add celery, pepper, parsley and horseradish.

Skin and halve avocados. Sprinkle with lemon juice to prevent blackening. Divide crabmeat among the four halves. Top with Lamaze sauce. Serves 4.

Joanne Charles

MARINATED MACKEREL
(Italian)

2 mackerel fillets
1/2 c. oil
salt and pepper
2 c. vinegar
1 c. white wine
1 onion, sliced
1 rib celery, sliced
2 carrots, sliced
2 whole cloves garlic
black olives
parsley

Sprinkle fillets with 2 teaspoons oil and salt and pepper. Broil or bake at 400° until cooked. Put onto deep plate.

Sauce: Put rest of oil, vinegar, wine, sliced vegetables and garlic cloves in saucepan; simmer 20 minutes, covered. Pour hot over fish. Remove garlic and refrigerate 24 hours or more. Serve cold. Serves 6 for appetizer.

Optional Decoration: Use black olives and parsley.

B. Gross

SEVICHE
(Fish Appetizer; Mexico)

1 1/2 lb. raw fresh fish (mild flavored) or scallops
1 c. lemon juice (about 5 lemons)
2 canned California green chiles, seeded and chopped
1/2 c. onion, minced
2 large tomatoes, seeded and cut in pieces
1 green pepper, seeded and chopped
1/2 tsp. salt
1/4 tsp. crumbled oregano
1/4 c. olive oil
1 tsp. coriander

Suggested Garnish: Use avocado slices, pimiento strips, or chopped fresh coriander or parsley.

Cut fish or scallops in small, thin pieces. Cover raw seafood with lemon juice and let stand, covered, in the refrigerator for 4 hours. Then mix with all remaining ingredients. Serve cold in cocktail dishes decorated with one or two of the suggested garnishes. Serves 8-12.

Ruth Palombo

CHEESE SHRIMP PUFFS
(U.S.A.)

1 jar Kraft Old English cheese spread
1/2 tsp. mayonnaise
dash of garlic powder
1/2 stick margarine
1 small can tiny shrimp or crabmeat
1 pkg. English muffins (white or whole wheat)

Let cheese and mayonnaise come to room temperature. Mix ingredients making sure the shrimp are well crumbled. Spread mixture on English muffins, place on a cookie sheet and put in the freezer. After frozen, cut into eighths and place in a plastic bag. Refreeze.

To serve, place on a cookie sheet and bake at 400° for 10 minutes. Yields 8 dozen.

Vanita McGuirk

SHRIMP AND ENGLISH MUFFIN APPETIZERS
(U.S.A.)

1 pkg. Thomas' English muffins
1 jar Kraft Old English cheese spread
1 (6 oz.) can deveined shrimp
1/2 c. mayonnaise
1/2 stick butter or margarine
touch of garlic (optional)

Slice and cut English muffins into triangles. Combine all other ingredients and spread mixture onto English muffins. Broil until brown and toasty. Serves 12-15.

Pat Beckles

SUPER SHRIMP APPETIZERS
(Midwest)

1 stick margarine
2-3 Tbsp. horseradish (to taste)
1 small can tiny shrimp (can use fresh or frozen if available)
1 box Triscuit crackers

Mash margarine with horseradish until smooth. Spread on crackers, put shrimp on top and place crackers on cookie sheet. Place in a 350° oven for 3-5 minutes, just until spread is bubbly but not brown. These appetizers go fast so you might want to double the recipe. Other crackers may be used. I prefer Triscuit, as they do not get soggy like some crackers. Serves 4.

George Hamacher

TUNA MOUSSE
(U.S.A.)

2 (13 oz.) cans tuna
1 medium grated onion
dash of Tabasco sauce
juice of 1/2 lemon
1 (8 oz.) pkg. cream cheese
1 c. mayonnaise
1 can tomato soup
2 pkg. unflavored gelatin

Grate onion in processor or blender and slowly add tuna. Puree and add cream cheese, a little at a time. When tuna, cream cheese and onion are smooth, add Tabasco sauce, lemon juice and mayonnaise; mix well. In saucepan heat tomato soup (undiluted) with the gelatin. When gelatin dissolves, let cool a few minutes and add to tuna mix. Pour into mold and chill until set. Unmold and serve with cocktail bread or crackers. Serves 10.

Deanna Pearlmutter, Ph.D.

BACON ROLLS
(Western U.S.A.)

1 lb. bacon, slices cut in halves
1 loaf bread, dried or toasted and crumbled
2 stalks celery, chopped
1 large carrot, chopped
1 green pepper, chopped
parsley
1 onion
salt
pinch of sage or thyme
2 eggs
milk, bouillon or soup stock

Combine bread crumbs, finely-chopped vegetables, seasoning and eggs. Add enough liquid to dampen mixture enough so that it can be formed into small cylinders. Wrap each cylinder of vegetable mixture in 1/2 strip of bacon and secure with toothpick. Set Bacon Rolls on cookie sheet and bake 45-60 minutes at 350°. Serves 8-10.

Cynthia Snow

SWEET AND SOUR KIELBASA
(Poland)

1 ring smoked kielbasa
1 jar red currant jelly
1 tsp. ginger
1 green pepper, chopped into 1 1/2-inch pieces
1 red pepper, chopped into 1 1/2-inch pieces

1 can chunk pineapple (with juice)
1 Tbsp. honey
1 tsp. dry mustard
1 Tbsp. cider or wine vinegar
4 tsp. cornstarch, mixed with water to make a paste
1 bottle beer (optional)

Slice meat into 1/4-inch pieces. Lay out on cookie sheet and bake until sizzling hot. Into a medium pot place all ingredients, except cornstarch paste. Add hot kielbasa and bring to a low boil. Add paste and stir until it starts to thicken slightly. Serve with toothpicks at a party or before dinner. Serves many.

Bernadette Reilly-Smorawski

TEXAS LAGNIAPPE
(Curried Muffins; Texas)

3 English muffins, halved
2 c. chopped pitted ripe olives
2 c. grated Cheddar cheese
3 green onions, chopped
1 c. mayonnaise
3/4 tsp. curry powder
salt and pepper to taste

Mix above ingredients and place on muffins. Cut each muffin half into six wedges as you would a pie. Freeze on a cookie sheet. Then put in Baggies. Bake frozen at 375° until bubbly. Yields 72 appetizers.

Patti Rager

MARBLE SURPRISE
(U.S.A.)

1 c. mayonnaise
1 c. sour cream (add more if desired)
1 (5 oz.) jar dried beef
2 Tbsp. minced onion
4 Tbsp. parsley
2 Tbsp. Beau Monde seasoning
2 Tbsp. dill
1 round loaf marble rye bread

Mix all the ingredients above, excluding the dried beef and bread. Break the beef into bite-sized pieces and combine with other ingredients. Chill mixture. Cut off the cap of the bread and hollow out the center. Transfer the chilled ingredients into the center

of the loaf. Tear the cap of the bread and place the shredded pieces around the bread on a platter. Use the torn pieces of bread to dip into the mixture. Bon appetit! Serves 6-8.

Winnie Horgan

BOURBON MEAT BALLS
(U.S.A.)

1 lb. hamburg
1 egg
bread crumbs
1/2 c. bourbon or whiskey
1/2 c. light brown sugar
1 c. ketchup

Mix and roll hamburg, egg and bread crumbs into small meat balls. Lightly brown in frypan.

For sauce, mix bourbon or whiskey, light brown sugar and ketchup together in a 2-quart saucepan. Add meat balls and simmer 45 minutes. Serve hot. Serves 6-10.

Terry Branch

SWEET AND SOUR MEAT BALLS
(U.S.A.)

1 lb. ground beef
1 egg
1/2 c. bread crumbs
2 Tbsp. dried or fresh parsley
salt and pepper to taste
garlic salt to taste
grated Romano or Parmesan cheese to taste
1 (12 oz.) bottle chili sauce
1/2 (8 oz.) jar grape jelly
1 Tbsp. red wine or cooking wine
2 squirts of lemon juice concentrate

Mix ground beef, egg, bread crumbs, parsley, salt, pepper, garlic salt and grated cheese together in bowl. In a large skillet with cover, mix remaining ingredients. Cook on low heat. Roll ground beef mixture into cocktail size meat balls. Put into skillet and cover. Simmer until meat balls are cooked, about 15-20 minutes. Serve in a heated chafing dish with toothpicks. These can be made ahead of time and refrigerated, then reheated. Serves 10-12 appetizers.

Lisa Caramanica
Diane Marino

SWEET AND SOUR MEAT BALLS
(U.S.A.)

Meat Balls:

2 lb. hamburger
2 eggs
1/4 c. water
1 c. bread crumbs
1 small onion
1/8 tsp. pepper
2 tsp. parsley

Sauce:

1 can jellied cranberry sauce
2 Tbsp. brown sugar
1 Tbsp. lemon juice
1 bottle chili sauce

Mix meat ball ingredients and shape into 3/4 to 1-inch meat balls. In saucepan mix together sauce ingredients and simmer until hot. Stir meat balls into sauce; simmer 2-3 hours. Serve with sauce on the side. Serves approximately 6 for appetizers.

Diane Ventola

SAUSAGE APPETIZERS
(U.S.A.)

1 lb. sausage meat
1/2 lb. grated Cheddar cheese
2 eggs
1 small onion, grated
Pepperidge Farm small round bread or Melba rounds

Mix all ingredients, except bread, together well. Spread on Pepperidge Farm bread or Melba rounds. Bake for 10 minutes at 350°. Serves 15.

These can be made ahead of time and frozen. Pop them in the microwave for 5 seconds or warm them up in a regular oven.

Pat Beckles

SAUSAGE CHEESE PUFFS
(New England)

1 lb. Italian sausage
1 lb. sharp Cheddar cheese, grated
3 c. Bisquick
3/4 c. water

Remove sausage from casing. Cook in large skillet, breaking up meat with a fork until no longer pink (8-10 minutes). Drain off fat. Spoon into large bowl. Cool completely. Add cheese, Bisquick and water. Mix until just blended. Roll into 1-inch balls. Place on cookie sheet 1 inch apart. Bake in a 400° oven for 12-15 minutes or until puffed and brown. These puffs can be frozen and reheated at 375° for approximately 10 minutes. Serves 20.

Mary Christensen

FRENCH BREAD ROUNDS
(U.S.A.)

1/2 c. mayonnaise
1/2 c. grated Parmesan cheese
1 tsp. freshly-grated onion
1 loaf French bread, cut into 1/2-inch slices
dash of Worcestershire sauce (to taste)

Mix together the mayonnaise and Parmesan cheese. Add the Worcestershire sauce and onion. Spread mixture on French bread rounds. Bake on cookie sheet in a 350° oven for 10 minutes, or until lightly browned. Yields 2 1/2-3 dozen.

Ronald Benz, M.D.

BRANDIED CRANBERRIES
(U.S.A.)

1 lb. fresh cranberries
2 c. sugar
4 Tbsp. brandy or cognac

Wash and drain cranberries. Place in a large roasting pan, one layer thick, with sugar. Cover tightly with aluminum foil and bake at 350° for 1 hour. Remove from the oven. Carefully remove foil and stir in brandy or cognac. Cool. This keeps indefinitely in the refrigerator in a covered container. Yields approximately 3 cups.

Barbara Carter
Judy Lenz

CURRIED FRUIT
(India)

1/3 c. melted butter or oil
3/4 c. brown sugar
4 tsp. curry powder
1 (16 oz.) can pineapple chunks
1 (16 oz.) can peaches
1 (16 oz.) can fruit cocktail
1 large apple (preferably tart)
1/2 c. raisins

Drain fruit. Cut apples into small chunks (apple may be peeled if you prefer). Arrange in a 1 1/2-quart casserole with lid. Mix together butter or oil, brown sugar and curry powder; pour over apples. Bake, covered, for 1 hour at 325°. This is recommended to use as side dish with any meat and potato meal. Serves 6-8.

Ann Marie Speicher

RIPE CUCUMBER PICKLES
(Canada)

6 qt. cucumbers
2 tsp. alum
1 qt. water
2 lb. white sugar
1 pt. white vinegar
2 Tbsp. whole cloves
2 Tbsp. stick cinnamon

Peel about 6 quarts cucumbers, cut and dice (removing centers). Cover with alum water, allowing 2 teaspoons powdered alum to each quart of water. Heat gradually to boiling point. Let stand over slow heat for 1 1/2 hours. Remove from alum water and chill in ice cold water.

Make a syrup by boiling sugar, vinegar, cloves and stick cinnamon for 5 minutes. (Spices should be tied in small piece of white cheesecloth.) Add cucumbers and cook for 10 minutes or less. Remove cucumbers to stone jar or bowl and pour syrup over them. For three successive mornings, pour off syrup and return to cucumbers each time. On the third day, spoon at once into hot, sterilized jars and seal. Yields 6 quarts.

Fran Martino

CRISPY PICKLES OR ZUCCHINI SLICES
(U.S.A.)

6 lb. medium pickling cucumbers or medium zucchini
1 lb. small white onions
2 large garlic cloves (optional)
1/3 c. pure granulated salt
2 trays ice cubes
4 c. sugar
3 c. white vinegar
1 1/2 Tbsp. mustard seed
1 1/2 tsp. mixed pickling spice
1 1/2 tsp. celery seed
1/2 tsp. turmeric

Wash the cucumbers or zucchini thoroughly and scrub them with a brush. Cut off both ends and discard. Slice the cucumbers or zucchini about 1/8 inch thick into a very large mixing bowl. Peel the onions and slice them 1/2 inch thick; add them to the mixing bowl. Peel the garlic cloves, stick each one on a wooden pick (for easy spotting and removal), and add them to the vegetables along with the salt. Mix them well. Cover the cucumber-onion mixture with ice cubes and set aside for 3 hours.

Wash the jars, rinse and keep them hot. Prepare the lids as the manufacturer directs. Drain the vegetables very well. Pick out garlic. In large kettle combine all the remaining ingredients and heat to boiling. Add the sliced vegetables and heat over medium-high heat for 5 minutes.

Ladle into hot jars to within 1/2 inch of each top. Spoon in additional brine from the kettle to fill each jar to within 1/2 inch of the top if necessary. Wipe the tops and threads of the jars with a damp cloth. Put on the lids and screw bands as the manufacturer directs. Process in a boiling water bath for 5 minutes. Start timing as soon as the jars go into the boiling water. Yields 7 pints.

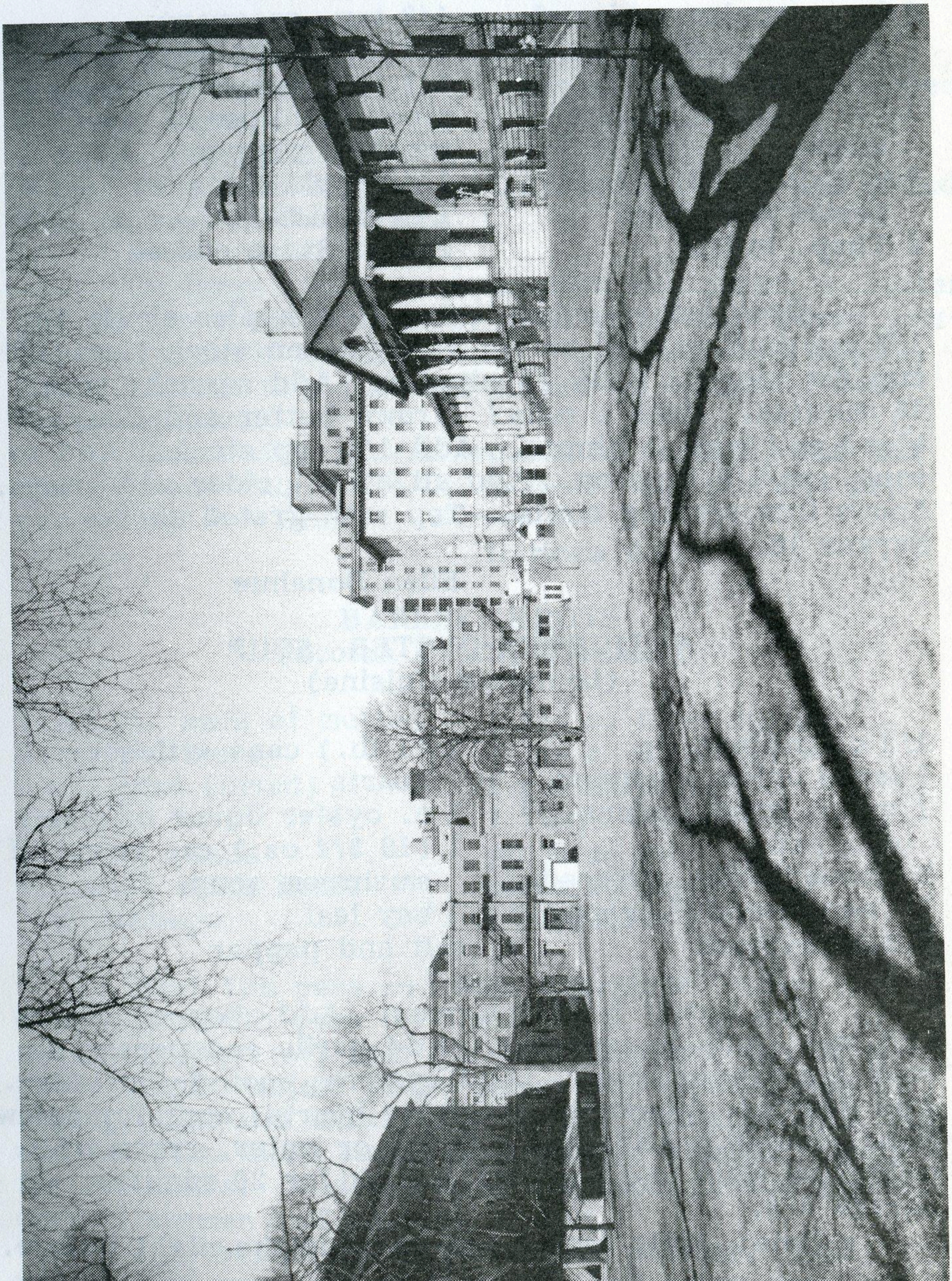
Peggy Martino

ZUCCHINI RELISH
(U.S.A.)

10 c. chopped zucchini (about 5 lb.)
4 c. chopped onions
5 Tbsp. salt
1 Tbsp. cornstarch
2 Tbsp. celery seed
1 sweet red pepper, chopped

A view of the Bulfinch Building and yard taken in November of 1936, immediately prior to the demolition of the Surgical Building, Bigelow Operating Theatre, Gay Ward, and the X-ray Building to make room for the White Building. The buildings left to right are: Moseley, Clinics, Gay Ward, X-ray, Baker, Domestic and Bulfinch. The Domestic Building was later replaced by the Gray Building, and the Moseley was replaced by the Wang Ambulatory Care Center.

Soups, Salads & Sauces



AUTUMN BISQUE
(American)

1/2 c. leeks
1/2 c. diced onion
1/2 c. diced celery
2 large apples, skinned, cored and diced
1/2 c. butter
1 (48 oz.) can chicken stock
4 c. butternut squash, peeled and diced
2 Tbsp. butter
2 Tbsp. flour
1 tsp. thyme
1/2 tsp. salt
1/2 tsp. rosemary
1/2 tsp. sage
1/2 tsp. turmeric
pinch of nutmeg
pinch of pepper
1 c. apple cider
1 c. cream
grated Swiss cheese

Cook leeks, onion, celery and apples slowly in 1/2 cup butter until soft. Add chicken stock (less 1/2 cup for roux). Cook 10 minutes. Add squash; cook 15 minutes. Make a roux: Brown butter and flour; blend and cook 1 minute. Add 1/2 cup stock. Add to soup; cook 5 minutes. Add all herbs, cider and cream. Spoon into serving bowls. Top with grated cheese. Serves 10.

Ellen Donahue

ARTICHOKE-OYSTER SOUP
(Louisiana Cuisine)

1/2 c. butter
1 large onion, chopped
1 bunch green onions, chopped
2 cloves garlic, pressed
1 Tbsp. parsley, chopped
2 doz. oysters
2 (1 lb.) cans artichoke hearts
1 c. oyster liquor or water
1 (10 3/4 oz.) can cream of mushroom soup
1 bay leaf
salt and pepper

Melt butter in Dutch oven. Add chopped onions and cook until transparent. Add garlic and parsley; cook 2-3 minutes more. Add oysters; cook 3-4 minutes. Add drained, quartered artichoke hearts; cook for a few more minutes. Add oyster liquor or water, cream of mushroom soup and bay leaf. Cook for 20 minutes. Serves 4-6.

Note: This recipe can be made the night before.

If making the same day, prepare 30 minutes before serving to permit the flavors to penetrate.

Dr. and Mrs. Fred Davis

CURRIED AVOCADO AND APPLE SOUP
(Continental?)

1 small onion, chopped
1 carrot, chopped
2 Tbsp. butter
1 Tbsp. vegetable oil
2 tsp. curry powder
2 c. canned chicken broth
2 Granny Smith apples, peeled, cored and chopped
1 c. half and half
1 1/2 c. milk
1 avocado, peeled and pitted

In large saucepan cook onion and carrot in butter and oil for about 4 minutes, until soft. Add curry powder and cook 30 seconds more. Add stock and apples. Bring mixture to a boil and simmer 15 minutes. Cool for 30 minutes.

Blend mixture and avocado in blender; add half and half and milk. Season to taste with salt and pepper. Chill for 1 hour. Serves 8.

Dorinda Smith

BARLEY BROTH
(Scotch Broth; Scotland)

1 1/2 lb. neck of mutton
2 oz. pot barley
2 oz. peas (dried)
1 onion
white of 1 leek
1/2 small white heart of cabbage
1 1/4 c. diced turnip
1 1/4 c. diced carrot
1 grated carrot
1 Tbsp. chopped parsley
pinch of salt
pinch of pepper
2 qt. water

Wash the peas and soak overnight. (You may substitute fresh peas for the soaked, dried ones, in season.) Wipe and trim the meat; put into the broth-pot with cold water, peas, barley and salt. Bring to boiling point and skim. Cut up the leek and onion and add with the diced turnip and carrot. Simmer slowly for 3-4 hours. Add the shredded cabbage and grated carrot; simmer half an hour longer.

Just before serving, add the parsley. Add pepper and more salt if required, and serve very hot. Serves 6-8.

Attention: Barley broth proper is made with mutton, but excellent broth can be made with a marrow-bone or with runner of beef. Turnip, carrot and parsley have an affinity with mutton, but with the beef the vegetables should be varied a little; e.g. kale, or greens roughly shredded may be substituted for the white cabbage, and a stick or two of celery for the parsley; and more leek may be added. There are endless variations.

Carol Bovest
Jean Piazza

BARLEY SOUP
(U.S.A.)

2 Tbsp. butter
1 lb. ground beef
1 onion, chopped
1/2 c. barley
2 cans tomatoes
1 1/2 qt. water
1 Tbsp. salt
1 tsp. pepper
4 carrots, diced
4 ribs celery, diced

Cook meat in butter 2-3 minutes; add onion and cook about 15 minutes. Add barley, tomatoes, water, salt and pepper. Cover and simmer gently over low heat for 1 hour. Add vegetables and simmer gently for 1 hour longer.

S. Bua

BEAN SOUP
(Pennsylvania Dutch)

2 ham hocks (smoked)
1 lb. Great Northern beans
1 carrot
1 medium potato
rivels* (optional)

Cover beans with water; soak overnight. Drain beans. Cover beans with water; add hocks, grated carrot and chopped potatoes. Cook until beans are tender. Cut meat into small pieces. Reheat. Add rivels. Serves 4.

*Rivels:

3/4 c. flour
1 beaten egg

Mix together. Rub in hands until pieces are the size of rice.

Cheryl Stetler

CZECH BEEF SOUP
(Czechoslovakia)

beef bones
1 large bone-in chuck steak
1 lb. cabbage, chopped
1/2 lb. coined carrots
4 stalks celery, diced
chopped chives
1/4 tsp. marjoram
salt and pepper to taste
soup pasta of choice

In 4 quarts water boil bones and chuck steak until meat falls from bones. Remove bones and meat, defatting and cubing beef. Add vegetables and cook for about 30-40 minutes, until carrots are done. Add beef, marjoram, salt and pepper. Add 3/4-1 pound of soup pasta and bring to a boil. Once the pasta is cooked (15-20 minutes), serve topped with chopped chives. Serves 12.

Glenn M. LaMuraglia, M.D.

BROCCOLI SOUP
(U.S.A.)

10 c. broccoli (2 bunches)
5 c. chicken stock or bouillon cubes
5 Tbsp. butter
4 Tbsp. flour
3 c. light cream
1 1/2 tsp nutmeg
salt and pepper to taste

Peel broccoli stems and break broccoli into flowerets. Slice the stems. Place broccoli in a saucepan with 3 cups of the chicken stock. Cook until broccoli is tender. Puree cooked vegetable with stock in blender or press through a strainer. Melt butter in a large pot; blend in flour until smooth. Then stir in the cream. Simmer, stirring constantly, for 3 minutes. Stir in the broccoli puree and remaining cups of chicken stock. Add nutmeg, salt and pepper. Simmer for 1/2 hour, but do not bring to a boil. Serves 6-8.

Ann Marie Speicher

BROCCOLI-CAULIFLOWER SOUP

1 (8 oz.) pkg. frozen cauliflower
1 (10 3/4 oz.) can condensed chicken broth
1 (10 oz.) pkg. frozen broccoli
1/2 tsp. dried dill weed
1/2 tsp. ground mace
1 c. shredded process Swiss cheese (4 oz.)
1/3 c. finely-chopped onion
1/4 c. butter or margarine
2 Tbsp. all-purpose flour
1/2 tsp. salt
dash of pepper
3 1/2 c. milk

In a 3-quart saucepan cook cauliflower, covered, in half the chicken broth for 5-8 minutes or until just tender. In medium saucepan combine remaining chicken broth, broccoli, dill weed and mace; cook, covered, for 5-8 minutes or until broccoli is just tender. (Set aside a few broccoli flowerets for garnish if desired.)

Remove from heat and cover to keep warm. Place cauliflower mixture in blender or food processor and process until fairly smooth.

In the 3-quart saucepan cook onion and butter until almost tender. Stir in flour, salt and dash of pepper. Add milk all at once. Cook and stir until thickened and bubbly. Stir sauce, cauliflower mixture and cheese into broccoli mixture. Cook and stir until well heated through and the cheese is melted. Garnish with reserved broccoli if desired. Serve with croutons. Serves 4-6.

Linda S. Kimball

BROWN RICE LENTIL SOUP
(U.S.A.)

5 c. chicken stock
1 1/2 c. lentils, rinsed
1 c. brown rice, rinsed
1 (2 lb.) can tomatoes, chopped (reserve juice)
3 carrots, halved and cut across in 1/4-inch pieces
1 chopped onion
1 chopped celery stalk
3 minced garlic cloves
1/2 tsp. dried basil
1/2 tsp. dried oregano, crumbled
1/4 tsp. dried thyme
1 bay leaf
1/2 c. minced parsley
2 Tbsp. cider vinegar

In kettle combine stock, 3 cups water, lentils, rice, tomatoes, reserved juice, carrots, onion, celery,

garlic, basil, oregano, thyme and bay leaf. Boil and then simmer 40-45 minutes. Stir in parsley and vinegar; remove bay leaf. Soup will thicken as it stands. To thin, add additional stock or water. This is hearty and inexpensive! Serves at least 6; makes 14 cups.

Jo Solet

CRAB SOUP
(France)

1 1/4 sticks butter (1/2 c. plus 2 Tbsp.)
2 lb. crabmeat
2 c. whipping cream
1/2 c. Scotch
2 Tbsp. all-purpose flour
8 c. milk
dash of hot pepper sauce
salt and freshly-ground pepper

Melt 1/2 cup butter in a 4-quart saucepan over medium high heat. Add crab and saute until heated through. Add cream and cook until almost hot. Do not boil! Stir in Scotch and remove from heat. Melt remaining 2 tablespoons butter in a small saucepan over low heat. Add flour and cook 2-3 minutes, whisking constantly. Whisk in 1 cup milk and continue cooking, whisking constantly, until medium thick sauce forms. Blend sauce into crab mixture; add hot pepper sauce with remaining 7 cups milk.

Season soup with salt and pepper. Place over medium heat and cook until very hot and alcohol is burned off but do not boil! Serves 8.

Tip: The longer simmered the better. Serve with toasted pita bread rounds. Cut pita bread into quarters and butter insides; oven toast them at 325° for 30 minutes, until crisp.

Terry MacDonald

FISH CHOWDER
(New England)

2-3 Tbsp. butter
2 large onions, diced
3 potatoes, diced
1-2 lb. cod or haddock fillets
1 c. water
1 qt. light cream
salt and pepper
basil or oregano to taste
parsley

Saute onions in butter until soft, but not brown. Add potatoes and water; cover. Cook on low heat until potatoes are soft. Add fish in large chunks and cook, covered, for 10 minutes. (If too dry, add more water.) When fish is white and breaks apart easily, add cream and simmer. Add salt, pepper and herbs. The secret is to cook it fairly quickly and do not allow to boil. Serve immediately. Serves 4-5.

Muffy Lutzin

CAPE ANN BOUILLABAISSE
(Yankee)

2/3 c. salad oil
1 minced carrot
3 minced onions
3 lb. ocean perch fillets, chopped
1 bay leaf
1 c. canned tomato pulp
3 c. fish stock
1 doz. clams or oysters or both
1 c. cooked shrimp or lobster or both
2 pimientos, minced
2 tsp. salt
1/3 tsp. paprika
2 Tbsp. lemon juice

Heat oil in a large heavy saucepan and saute carrot and onion for 5 minutes. Add fish and bay leaf. Saute for 5 minutes more. Add drained tomato pulp and fish stock. Cover and simmer, without boiling, for 20 minutes or until fish is tender. Add remaining ingredients. Heat thoroughly and serve in soup plates, ladling the bouillabaisse over toast wedges and sprinkling chopped parsley over the surface. Serves 6.

William Cain

HADDOCK CHOWDER

2 lb. haddock fillets
1/4 lb. salt pork
4 potatoes, diced
4 onions, chopped
1 pt. milk
1 pt. fish stock (I use clam juice)
salt and pepper to taste

Fry pork in skillet with a little water until pieces are opaque white. Remove from pan. Lower heat, put onions in pan and saute until golden brown. Drain off fat. Put potatoes, onions and fish stock in a pot and cook slowly until potatoes are done; firm, but not mushy. Cut fillets into 1-inch pieces and add them to

the pot. Add pork; cook slowly for about 10 minutes. Add milk; heat through gently, but do not boil. Salt and pepper to taste. Float a dab of butter in each bowl; add a dash of paprika and a pinch of chopped chives. Serves 5.

Treg Henry

CHICKPEA SOUP
(Italy)

1 large (12 oz.) can chickpeas (garbanzo beans)
1/2 lb. small pastina (baby shells, orzo or other)
3 heaping c. prepared tomato sauce
salt and pepper to taste
grated Romano cheese (for garnish)

Cook pastina according to directions on the box. Drain most of the water, but leave some to constitute part of the broth. In a large pan, bring chickpeas (water and all) to a boil. Add tomato sauce, seasonings and the partially drained pasta. Simmer several minutes. This makes a fairly thick soup but more water may be added if desired. Garnish with grated cheese. Serves 4-6.

Diane Marino

HEARTY COUNTRY SOUP
(U.S.A.)

6 c. water
2 stalks celery, chopped
2 carrots, diced
1 1/2 c. shredded cabbage
1 c. soup mix (Hearty Country Soup Stock)*
2 (15 oz.) cans tomato sauce
24 oz. V-8 juice
1 lb. browned, drained ground beef

Put water in large kettle. Add soup mix and simmer for 1 hour. Add carrots, celery, cabbage, tomato sauce and juice. Add cooked, drained ground beef and simmer for 1 hour or until the vegetables are tender. Serves 6-8.

Optional: Any other fresh vegetables or bouillon cubes (3) may be used.

*See recipe for Hearty Country Soup Stock

Mix on page 32.

Note: For a milder taste, use only 1 can tomato sauce and only 12 ounces V-8 juice.

Lisa Carter

KAPUSTA
(Cabbage Soup; Poland)

1 ample-sized meaty bone (pork or beef)
1 large onion
1 (16 oz.) can Silver Floss sauerkraut
1 small head cabbage, shredded
1 (16 oz.) can tomatoes (not Italian)
salt and pepper to taste

Cover meaty bone with water and put to boil for 5 minutes until all scum surfaces. Toss the water out and rinse bone under cold tap water until clean. Put bone and onion in pot and cover with water to 1 inch above bone. Boil 1 hour. Discard onion.

Add sauerkraut, cabbage, tomatoes, salt and pepper. Cover pot and boil 1 more hour. If too thick, you may add a little water. Cook on top of stove on medium heat. Rey bread and butter goes well with this soup. Serves 6.

Mrs. L. McGuinness

CHICKEN AVGOLEMONO SOUP
(Greece/Sparta)

1 (2-3 lb.) chicken
2 1/2 qt. water
1 leek
thyme
parsley
2 stalks sliced celery
1 chopped carrot
1 medium chopped onion
1/2 c. uncooked orzo
3 eggs
juice of 2 lemons
salt and pepper

In large pot cover chicken with water; bring to a boil and cook for 10 minutes. Skim surface. Add bouquet of fresh spices and vegetables. When chicken is cool enough to handle, skin and bone it and cut into chunks. Return chicken into broth; add orzo and cook 15-20 minutes or until orzo pasta is cooked.

In bowl beat eggs with lemon until pale yellow and frothy. Slowly add 3 cups hot soup to egg mixture, stirring all the time to avoid curdling. Now stir this

mixture back into pot of soup, still stirring. Garnish with chopped parsley. Serve hot. Serves 6.

Concetta A. DeRosa

REBECCA WEBSTER'S CHICKEN SOUP
(Manchester, VT)

1 (6 lb.) fowl
6 cloves garlic (be fearless; sometimes 10)
5 bay leaves
pinch of mint (be careful, a little is a lot)
1 tsp. salt
1/2 tsp. pepper
1 large can pear-shaped tomatoes
2 handfuls elbow macaroni

Cover fowl with water; add other ingredients. Bring all to a boil, then simmer 2 1/2 hours. Last 1/2 hour add tomatoes. Remove fowl; cut into small pieces. Return to soup. Add macaroni and bring to a boil; stir well. Cover. Turn off heat. It's ready in 10 minutes. This is really delicious. Serves 6.

Lynn Miller

CHICKEN CHOWDER
(Germany)

1 (4-5 lb.) stewing hen
salt to taste
2 slices bacon (grease fried out and saved), cut into small pieces
3-4 chicken bouillon cubes (add to water first)
1/2 pot* diced onions
1 pot* quartered carrots
1 pot* (not quite full) diced rutabaga
3 pots* diced potatoes
1+ pot* cabbage (take heart out), cut into small pieces
1 small can peas (juice and all)
1/2 pt. (1 c.) cooked tomatoes with juice
1 small can whole kernel corn with juice
1/2 pot* diced celery

*Use small, 1-quart pot for standard measure.

Cut up chicken; cover with water and cook, covered. Debone and discard most of skin. Cut chicken into small pieces and return to kettle. Bring to a boil and turn heat down. Add bacon and grease. Then add vegetables as listed, turning heat up to boil each time an ingredient is added and then turning down

to simmer. Repeat process until all vegetables have been added. Simmer until chowder vegetables are tender. Serves 10-12.

Karen Johnson

COCK-A-LEEKIE
(Scotland)

1 (2 1/2-3 lb.) boiling fowl
6 pt. water
2 medium onions, finely chopped
bay leaf
sprig of thyme
some parsley stalks
salt and pepper
1 1/2 oz. finely-chopped leeks
2 oz. long grain rice

Put bird and giblets (except liver) into a large deep pot and add water. Bring slowly to a boil and skim. Reduce to a gentle simmer. Add herbs, salt, pepper and white part of leeks. Simmer for 1 1/2-2 hours or until meat is tender. Half an hour before end of cooking time add the rice. Remove bird and cool slightly. Add the green of the leeks and cook for another 5-10 minutes. Chop up some of the chicken meat and return to the soup. Check seasoning, remove herbs and garnish with parsley.

Jean M. Piazza

CORN CHOWDER
(U.S.A.)

3 oz. salt pork
1 c. chopped onion
1/2 c. chopped celery
1 1/2 c. diced potatoes
2 c. water
1/4 c. all-purpose flour
2 c. milk
1 c. cream
3 c. cooked whole kernel corn
salt and pepper

Dice pork. Peel and chop onion, potatoes and celery. Put pork in saucepan. Fry until golden brown. Add onion; cook 2 minutes. Then add celery, potatoes, water and 1/2 teaspoon salt; simmer until potatoes are tender with fork. Mix flour with milk in small bowl; add to saucepan. Stir over medium heat until thickened, about 4 minutes. Add cream and corn. Stir well. Heat but do not boil. Yields 2 quarts.

Linda Gorham Ryan

CHICKEN CORN SOUP
(Pennsylvania Dutch)

1 (4 lb.) chicken
1 large carrot
salt and pepper
2 1/2 doz. ears fresh corn (white if possible), removed from cobs
parsley
2 hard-boiled eggs
Rivels* (optional)

Cover chicken with water; cook slowly until tender. Cut chicken in small pieces. Add salt and pepper to taste to broth. Grate carrot and add to broth. Add chicken. Combine corn; cook 10 minutes. Add 1 tablespoon parsley, chopped eggs and Rivels. Bring to a boil and serve. Serves 4-6.

*Rivels:

3/4 c. flour
1 beaten egg

Mix together; rub through hands until size of rice.

Cheryl Stetler

GAZPACHO
(Vegetarian Main Dish Variation; Spain)

1 small onion, chopped
1 large cucumber, peeled, seeded and sliced
1 small bell pepper, seeded and diced
3 tomatoes, peeled and diced
3 eggs
1/3 c. olive oil
1/4 c. vinegar
1 c. tomato juice
1-2 cloves garlic
2 Tbsp. lemon juice
2 Tbsp. brown sugar
1/4 tsp. cayenne pepper
salt
1 tsp. dill weed
2 Tbsp. prepared mayonnaise
4-5 large sprigs watercress

Garnish:

1 large firm tomato
1 bell pepper
1 cucumber
croutons
watercress sprigs

Puree all vegetables in a blender together with eggs, oil, vinegar and tomato juice (do 1/2 at a time or expect it to spill!). Add all remaining ingredients, except mayonnaise and watercress; empty into a pot. Heat very slowly, stirring constantly with wire whisk, and simmer no longer than 2-3 minutes. Take off the heat and continue stirring while cooling. Add mayonnaise and blend at high speed for a short time. Pour into tureen and chill. Add watercress before serving. Pass the garnishes (cut into cubes) and add as desired. This is a wonderful cold soup on hot summer days. Serves 4-6.

Linda Hereford

THE BEST MINESTRONE SOUP IN THE WORLD
(Italy)

2 oz. chopped bacon
2 Tbsp. oil
2 Tbsp. butter
1 onion, chopped
1 garlic clove
2 carrots, chopped or grated
2 celery sticks, chopped
1 tsp. basil
2 medium cans tinned tomatoes
1 liter (2 1/2 pt.) stock
6 oz. shredded cabbage or zucchini
6 oz. chopped leeks
2 Tbsp. rice
1 Tbsp. tomato puree
2 Tbsp. chopped parsley

Brown onion and bacon in oil and butter with garlic. Remove garlic and keep aside. Cook tomatoes with onion and garlic, carrots and celery over low heat for 20 minutes. Add 2 1/2 pints of stock and cook for 20 minutes. Add cabbage or zucchini, leeks, rice, tomato puree and parsley; cook for 20 minutes on medium heat. Serves 6-8.

Suzanne Gumley

MULLIGATAWNY SOUP
(Indonesia)

1 1/2 Tbsp. butter
1/2 c. finely-chopped onion
4 tsp. curry powder
1/3 c. raw rice
1/2 c. finely-shredded carrot
3 (14 oz.) cans chicken broth
1 tsp. m.s.g. (optional)
1 small can evaporated milk
1 1/2 Tbsp. cornstarch
1 c. boneless chicken

Saute onion in butter. Add curry powder and fry well. Add raw rice, carrot, chicken broth, m.s.g., salt and pepper. Bring to a boil and cook until rice is tender, about 20 minutes. Stir in 1/4 cup evaporated milk, blended with cornstarch. Boil 2-3 minutes, then add 1/2 cup evaporated milk and chicken. Heat through.

Serve with salad and rolls or bread. This makes a wonderful, easy supper when you work late and need to put something together really quickly. It's good on a cold night. Serves 6.

Martha Byington

OUT OF THE ORDINARY ONION SOUP
(France)

12-16 large onions
1/2 c. butter
salt and pepper to taste
2 Tbsp. sugar
1 tsp. basil
1 tsp. tarragon
6 c. stock
slices of French bread, toasted
Parmesan cheese
4 Tbsp. sherry or Burgundy

Slice onions in lines and saute in 1/4 cup butter until tender. Add remaining butter, salt, pepper, sugar, basil and tarragon. Cook 10 minutes on low heat. Add stock and simmer 20 minutes. Butter toasted bread and sprinkle with plenty of Parmesan cheese; broil until brown.

When ready to serve, add sherry or Burgundy, stirring soup gently. Add French bread to top of soup.

Muffy Lutzin

FRENCH ONION SOUP
(France)

4 Tbsp. butter or margarine
4 c. chopped onions
6 c. water
1 c. tomato puree
3 Tbsp. beef bouillon granules
3 Tbsp. chicken bouillon granules
1/2 c. grated Parmesan cheese
1 tsp. Gravy Master (for color, if desired)

4 slices Swiss cheese (for topping, if desired)
4 slices bread, crusts trimmed and slightly toasted

Melt butter or margarine in Dutch oven and saute onions until thoroughly browned, but not burnt (very important). Add water, puree, beef and chicken bouillons and cover; simmer for 1 hour, stirring occasionally. Add Parmesan cheese and Gravy Master, if desired.

Spoon soup into individual ovenproof bowls and top with a piece of bread and the Swiss cheese. Place under the broiler until cheese is thoroughly melted. Serves 4.

Bonnie Carroll
William Cain

PIZZA PIE, HOAGIE BEAN SOUP
(Mt. Carmel, PA)

1/2 tsp. salt
1 qt. water
1 pt. beans
1 chopped potato
1 chopped onion
1/2 lb. chopped ham
10-12 Tbsp. ketchup
1/2 pt. grated cheese
2 hoagie buns

Make Bean Soup: Add beans, chopped potato and onion to salted boiling water. Cook until tender. Add chopped ham and cook in pot without lid until most of the water has boiled away. Remove from heat and mash to a thick paste. Spread Bean Soup paste on hoagie buns and top with ketchup and grated cheese. Bake in the oven until cheese has melted and hoagie buns are crispy brown. Serve and eat. Serves 1.

M. Bernatowicz

KALE SOUP
(Portugal)

1 c. dried pea beans
8-10 c. chicken broth
2 lb. stew beef
1 lb. linguica (Portuguese sausage)
1 lb. chourica (hot Portuguese sausage)
1 large onion
1 tsp. salt
1 1/2 tsp. black pepper
3 lb. kale
5 large potatoes, diced small

Soak pea beans overnight; drain and rinse. Put in large pot with broth, beef, linguica, chourica, onion, salt and pepper. Simmer 1/2 hour. Remove linguica and chourica and continue cooking until beans and stew beef are tender, 1 1/2 hours. Remove beef; add kale and potatoes. Simmer 2 hours. Cut beef into small pieces, crumble linguica and chourica, and add to kale mixture while simmering. Let Kale Soup stand overnight for better flavor. Serves 10-12.

Mary L. Perry
Hilda Sequeira

PORTUGUESE KALE SOUP
(Portugal)

1 lb. stew beef, cut into 1-inch cubes
oil
3 cloves garlic, crushed
1 large onion, chopped
1-2 qt. water
2 (15 oz.) cans tomatoes
1/4 c. chopped parsley
1 bay leaf
1/4 tsp. pepper
salt
2 large potatoes, cubed
1 c. dry red wine
2 pkg. frozen kale, defrosted (can substitute spinach)
1 can kidney beans
1 pkg. linguica (medium size; Portuguese sausage)

Brown beef in oil. Add garlic, onion, 1-2 quarts water, tomatoes, parsley, bay leaf, salt and pepper. Simmer for 3 hours. Stir in potatoes and wine. Simmer, covered, until potatoes are done. Add defrosted kale and beans. Simmer, uncovered, for 5-10 minutes. Remove bay leaf. Add sliced linguica after broiling to remove the grease. Thin with water if too thick. Serves 8-10.

Ann Daily

SAUERKRAUT SOUP
(Germany)

1 lb. sauerkraut
1/2 lb. pork meat (head or rump)
marrow bone
8 c. cold water
1 medium onion (preferably baked)
soup greens (consisting of 1 celery root, 1 parsley root, 1 parsnip, 2 carrots, 1-2 celery stalks and a few sprigs of parsley)

4-6 dried mushrooms
1 bay leaf (optional)
6 peppercorns
2 strips bacon (or equivalent of salt pork), diced
1/2 medium onion, diced
1 Tbsp. flour, browned
1 lump sugar (optional)
salt and pepper to taste
1-2 frankfurters or several slices of kielbasa or salami, diced (optional)

Cover sauerkraut, meat and marrow bone with cold water. Boil and skim. Add browned onion, soup greens and mushrooms; let simmer, skimming as necessary, for at least 2 hours. When meat is soft, remove from bones and cut into small pieces; cut mushrooms into strips. Remove marrow from marrow bones. Strain soup or not, according to preference. Return meat, mushrooms and marrow to pot.

In heavy skillet brown the bacon or salt pork together with chopped onion and browned flour, adding stock a little at a time until lumps are dissolved. Add to soup and boil up once. Season to taste, adding sugar if soup is too sharp. Add diced meat if desired. Serves 8.

Jean Nardini

SAUSAGE-ZUCCHINI SOUP
(Italian Minestrone)

1 lb. Italian sausages, casings removed
2 large onions, cut in chunks
1 (20 oz.) can chickpeas, drained (garbanzo beans)
1 lb. zucchini, cut in slices
2 c. beef stock (bouillon)
1 c. prepared tomato sauce
1 Tbsp. dried basil
2-3 garlic cloves, chopped
1/4 c. Romano cheese
pepper to taste

Cover sausages with water and simmer with onions until pork is nicely browned. Drain in colander, saving the liquid. Skim fat and discard. Return liquid to the meat. Add chickpeas. Add zucchini, beef stock and tomato sauce. Add spices and grated cheese. Simmer until zucchini is tender, 20-30 minutes. Garnish with grated Romano cheese to taste. Serves 6-8.

Diane Marino

SPRING SOUP
(Unknown Origin)

1 c. chopped leeks (white parts)
1 small diced onion
2 Tbsp. butter
1 1/2 c. sliced potatoes
1 carrot, thinly sliced
2 tsp. salt
1/2 lb. spinach
1 c. milk or light cream
1/2 c. partially cooked rice
10 asparagus tips
1 1/2 c. hot water

Cook leeks and onion in butter in a kettle until soft. Add potatoes, carrot, salt and hot water. Cook over low heat for 15 minutes. Add rice and asparagus; cook 25 more minutes. Add spinach. Cook 10 more minutes. Add 1 cup milk or light cream. Serves 4.

Steve Goodenough

SUNDAY SUPPER SOUP

1 1/2 lb. ground beef chuck
1 egg, slightly beaten
1/2 c. soft bread crumbs
1/4 tsp. salt
1 tbsp. chopped parsley
2 Tbsp. butter or margarine
1 (10 1/2 oz.) can condensed beef broth, undiluted
1 (1 lb. 12 oz.) can tomatoes, undrained
1 envelope dry onion soup mix
2 c. (4-5) sliced, pared carrots
2 c. water
1/4 c. chopped celery tops
1/4 c. chopped parsley
1/4 tsp. pepper
1/4 tsp. dried oregano leaves
1/4 tsp. dried basil leaves
1 bay leaf

Make meat balls: Combine first five ingredients and 3 tablespoons water. With hands, lightly shape into 24 balls. In hot butter in frypan, saute meat balls, a single layer at a time, until browned on all sides. Set meat balls aside.

In Dutch oven, combine 2 cups water, beef broth, tomatoes, onion soup mix, carrots, celery tops, parsley, pepper, oregano, basil and bay leaf. Bring to a boil, then reduce heat and simmer, covered, but stirring occasionally to break up tomatoes, for 30 minutes. Add meat balls and simmer 20 minutes longer. Serve in tureen or individual bowls. (This is good served with warm French bread.) Serves 6.

Paul Maynard

HEARTY TOMATO SOUP
(U.S.A.)

oil (as needed)
1 onion, chopped
1 clove garlic, minced
1 stalk celery, chopped (optional)
1 carrot, chopped
3/4 c. rice (raw) or 1 1/2 c. cooked rice
2 Tbsp. whole wheat flour
1 (28 oz.) can tomatoes, chopped and mashed with spoon
2 tsp. salt
4 white peppercorns or freshly-ground pepper
1 Tbsp. sugar
1 Tbsp. oregano
1 Tbsp. basil
3 c. hot milk
1 Tbsp. butter

In a heavy pot saute onion until golden. Add garlic, celery, carrot and raw rice. Cook until rice is toasty. Add flour, tomatoes, salt, pepper, sugar, oregano and basil. If starting with raw rice, cook until rice is done, about 45 minutes. If using cooked rice, cook until all the flavors mingle, at least 15 minutes. Remove from heat.

For a more elegant soup, puree it in a blender or through a sieve. Add the milk and butter (the butter lends a very special flavor). Add more salt and pepper if needed. Warm, but do not boil. Serves 4-6.

Helen Landers

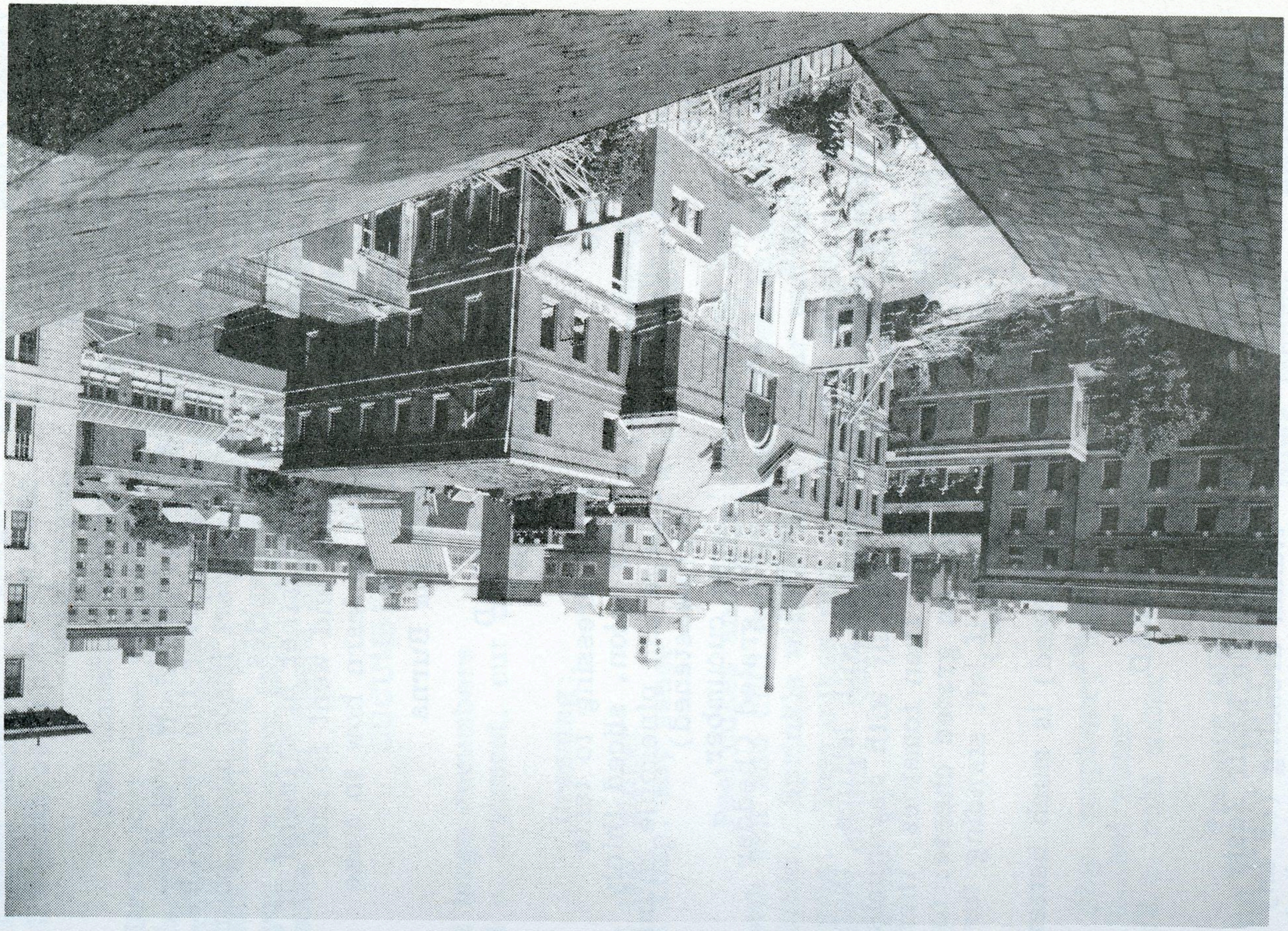
YOGURT CARROT SOUP
(Continental)

1 lb. carrots, peeled and sliced 1/2 inch thick
3 c. chicken stock
1 medium onion, chopped
2 Tbsp. butter
1 1/2 Tbsp. curry powder
1 1/2 c. yogurt

Cook carrots in stock about 25 minutes. In small pan saute onion in butter. Add curry powder and saute a minute more. When carrots are cooked, blend in blender. Return to saucepan with onion and simmer 5 minutes. Add salt to taste. Whisk in yogurt. Serve hot or cold. Sprinkle with chopped fresh coriander or parsley for garnish. Serves 8.

Dorinda Smith

The demolition of the X-ray Building and the Gay Ward. The view was taken from the roof of the Bulfinch, looking toward the entrance of the hospital and Cambridge Street. Demolition of the buildings took place during the spring and summer of 1937.



AUTHENTIC GREEK SALAD
(Greece)

tomatoes
cucumber
Greek olives
green peppers
onion, sliced thinly
Feta cheese
capers
pepperoncini
oregano
olive oil
lemon juice

Cut up the first eight ingredients as you like. Sprinkle a small amount of oregano over the vegetables. Mix three parts olive oil and one part lemon juice; pour over vegetables. Number served varies.

This recipe came from the father of a friend of mine. He was working in Athens and went to the kitchen of a favorite restaurant to learn how to make this wonderful salad.

Priscilla Burns

BECKLES SALAD
(West Indies)

1 head lettuce
1 large can peas*
2-3 tomatoes, sliced thinly
3-4 hard-boiled eggs
1/2 lb. bacon or 2 small cans crabmeat
salad dressing to taste
1 red onion, sliced thinly
1 large can pineapple chunks (unsweetened)
1 large cucumber
1/2 lb. grated Cheddar cheese

Layer a 12 x 9-inch container with lettuce, then add onion, then peas. Spread liberally with mayonnaise or salad dressing. Add pineapple, then tomatoes, then cukes. Slice on eggs and spread on grated cheese; top with bacon or crabmeat. It is best if left standing for 24 hours. Serves 10.

*One box frozen peas (uncooked) is much better.

Pat Beckles

COLD PASTA SALAD
(Italy)

1 lb. curly short macaroni
1/2-1 bottle Kraft Zesty Italian dressing (or any other brand you prefer)

1/2-1 bottle McCormick Salad Supreme seasoning (amount depending on taste)
1-2 green pepper(s)
1 salad onion
1-3 stalk(s) celery
1 can pitted black olives
1-2 chopped tomato(es)
some fresh mushrooms or 1 can mushrooms
1-2 chopped scallion(s) (optional)

Boil macaroni according to package directions. Drain and rinse with cold water. Put macaroni in a large bowl, then add vegetables (cut or chopped), Salad Supreme seasoning, and finally the bottled dressing. Mix everything well. This is the kind of recipe that you you can enjoy improvising. You can even sprinkle some grated cheese into mixture. Serves 4-6.

Rosemarie Joyce

CUCUMBER AND CRAB SALAD
(China)

2 large cucumbers
1 c. crabmeat, cut up
1/2 c. shredded ginger (garnish)

Dressing:

1 tsp. ginger
2 Tbsp. soy sauce
4 tsp. sesame oil
a little vinegar

Peel cukes and slice rounds very thin. Sprinkle with salt and chill for 1/2 hour. Then squeeze out liquid. Sprinkle with a little vinegar and squeeze out again. Toss cukes and a crab with dressing. Serve in small dishes. Garnish with the shredded ginger. Serves 10.

Casserine Toussaint

CRANBERRY SALAD
(New England)

1 pkg. raspberry jello
1 c. hot water
1/2 c. cold water
2 c. chopped cranberries
1 c. sugar
1 orange, sectioned

Prepare jello; add sugar and mix until dissolved. Add fruit. Pour into mold. Chill and serve. Serves 8.

Doris Johnson

CHICKEN PASTA SALAD
(Italy)

1 large clove garlic, minced
1 tsp. salt
1/4 c. red wine vinegar
1/4 tsp. freshly-ground black pepper
1/2 c. oil (preferably olive oil)
1 Tbsp. freshly-minced basil or 1 tsp. dried, crumbled basil
2 c. cold cooked macaroni (rotelli, shells, elbows)
1 c. roasted red pepper strips
1/2 c. ripe olives
2 1/2 c. strips cooked chicken

Mix garlic, salt, pepper and vinegar in salad bowl until salt dissolves. Whisk in oil and basil. Add chicken, pasta, peppers and olives. Toss to coat. Cover and marinate at room temperature for 1 hour, or chill several hours or overnight. Serve at room temperature. Serves 4.

Karen DiPietro

CHICKEN SALAD
(U.S.A.)

3 1/2 c. fryer or broiler (or easier, use chicken breasts), cooked and cut up
1/2 c. mayonnaise, thinned with cream
1/4 c. chopped chutney
1 tsp. curry powder
1/4 tsp. pepper
1 celery stalk, very finely chopped
1/2 lb. seedless white grapes

Combine all ingredients and chill. Serves 6.

Marion Hodges

FRAYDA'S CHICKEN SALAD
(U.S.A.)

5 c. cooked, cut-up chicken
1 c. celery, chopped
1/2 c. almonds or walnuts, chopped
2 c. pineapple tidbits, drained
1/2 c. scallions, sliced (optional)
1 c. mayonnaise
1 c. sour cream
4 Tbsp. chutney (preferably mango)
1 c. chow mein noodles
parsley
paprika

Mix first five ingredients. Mix mayonnaise, sour cream and chutney and add to chicken mixture. Garnish with chow mein noodles, parsley and paprika. Serves 8.

Connie Martino

GAUCHO SALAD
(U.S.A.)

1/2 c. roasted walnuts or almonds
1 small can sliced peaches or mandarin oranges
1-2 avocado(s), cubed
lettuce or spinach

Dressing:

1/4 c. salad oil
2 Tbsp. wine vinegar
1 Tbsp. lemon juice
2 Tbsp. finely-chopped onion
1/2 tsp. poppy seed
1/2 tsp. celery seed
1 Tbsp. honey
1 Tbsp. sugar

Marinate dressing for 30 minutes in refrigerator. Pour dressing over salad just before serving. Serves four.

Diana Logan

GREEN PEA SALAD ELEGANTE
(Southern U.S.A.)

2 (10 oz.) pkg. frozen peas, thawed
4 slices crisp bacon, crumbled
dash of salt and pepper
dash of garlic powder
1/4 c. scallions, chopped
1 c. sour cream

Combine all ingredients and allow flavors to "marry" in refrigerator for several hours before serving. Serve on a bed of lettuce. Serves 6.

Debbie Sheldon-Hughes

HEATHER'S GREAT SALAD
(Salt Lake City, Utah)

Dressing (Prepare 1 day in advance):

juice of 2 lemons
6 small garlic cloves, crushed
2 tsp. salt
1 tsp. pepper
1 1/2 c. vegetable oil

Salad:

2 heads romaine lettuce
1/4 lb. diced bacon (cut first, then fry)
1 c. grated Swiss cheese
1/3 c. grated Romano cheese
2/3 c. toasted, slivered almonds

Combine all salad ingredients in a large bowl. Dress with dressing made one day in advance. Delicious! Serves 6-8.

Diane Marino

MANDARIN ORANGE MOLD
(U.S.A.)

4 (3 oz.) pkg. orange jello
3 c. boiling water
2 pt. orange sherbet
2 cans mandarin oranges

Dissolve jello in boiling water. Add sherbet and mix thoroughly. Add mandarin oranges and mix thoroughly. Mold in spring-form pan in refrigerator. This may be made the day before serving. Serves 6-8.

Joan Elkin

MOLDED CRANBERRY-WINE SALAD
(New England)

2 (3 oz.) pkg. cherry jello
2 c. boiling water
1 c. Burgundy wine
1 can whole cranberry sauce
1/2 c. broken pecans or walnuts

Add gelatin to boiling water. Stir in wine; chill until thick. Then add cranberry sauce and nuts. Chill and pour into 4-cup mold. Serves 6-8.

Linda B. White

MRS. WIEGNER'S POTATO SALAD
(Pennsylvania Dutch)

5 c. (2 lb.) potatoes
1/2 c. chopped onion
1 tbsp. celery seed
4 eggs, hard boiled
1 1/2 c. mayonnaise
1 1/2 tsp. salt
1 Tbsp. wine vinegar
2 tsp. sugar
olives (optional)
paprika (optional)

Boil potatoes until just soft; cool slightly, then slice. Add onion, celery seed, 3 eggs (chopped), mayonnaise, salt, vinegar and sugar. Stir well. Place in serving bowl. Garnish with remaining egg (sliced), olives (optional) and paprika (optional). Chill. It's best if made several hours ahead. Serves 8.

A. W. Wiegner

ORANGE DELIGHT SALAD
(U.S.A.)

1 (3 oz.) pkg. orange jello
1 (8 oz.) pkg. cream cheese
1 large can crushed pineapple
2 c. vanilla ice cream

Heat pineapple and juice to the boiling point. Dissolve jello in the hot pineapple. Stir in softened cream cheese. Stir in the ice cream. Pour into mold and refrigerate overnight. Serves 8-10.

Susan Smith

ORZO AND ARTICHOKE SALAD
(Greece)

1 1/2 c. orzo (rice shaped pasta)
1/2 c. olive oil
1 (8 oz.) jar marinated artichokes or 1/2 lb. artichoke salad from deli
1 large egg yolk
1/4 c. minced fresh parsley
2 Tbsp. white wine vinegar
1 tsp. Dijon mustard
2 Tbsp. fresh basil
2 oz. Prosciutto, minced
2 oz. Parmesan cheese, grated
2 Tbsp. fresh lemon juice
4 scallions, minced

In a kettle of boiling, salted water, cook the orzo for 7-8 minutes or until it is just al dente; drain it in a sieve and refresh it under cold water. Drain the orzo well and in a bowl toss it with 2 tablespoons of the oil.

In a small bowl, whisk together the egg yolk, the vinegar, the mustard, and salt and pepper to taste. Add the remaining oil in a stream, whisking, and whisk the dressing until it is emulsified. Whisk in the minced basil and pour the dressing over the orzo mixture. Add the Prosciutto, the Parmesan cheese, the lemon juice, the parsley, the scallions and salt and pepper to taste. Toss the salad and garnish it with the basil leaves. Serves 4.

Marie Le Sieur

PASTA SALAD
(Italy)

12 oz. pasta (curly or springs)
3 Tbsp. Italian salad dressing
1/2 c. chopped onion
1 medium zucchini, sliced (about 3 c.)
2 c. chopped fresh tomatoes
1/2 tsp. salt
1/2 tsp. pepper
1 bay leaf
1/4 tsp. basil
1/4 tsp. oregano
grated Parmesan cheese

Cook macaroni, drain and rinse under cold water. In a large skillet, heat Italian dressing and saute onion until tender. Add zucchini, tomatoes, salt, pepper, bay leaf, basil and oregano. Simmer, covered, for 15 minutes, then cook, uncovered, for 10 minutes. Discard bay leaf.

Combine macaroni and sauce and chill. Sprinkle with cheese before serving. It makes a wonderful dish for a buffet or cookout, also. Enjoy! Serves 6-8.

Virginia Petrino

PINEAPPLE CHEESE LIME MOLD
(U.S.A.)

1 c. hot water
1 pkg. lime jello
1 (8 oz.) pkg. cream cheese
1 c. pineapple juice
1 small can crushed pineapple

Pour 1 cup hot water over jello and beat until thoroughly dissolved. Add cream cheese and mix. Stir in pineapple juice and beat well. Add crushed pineapple. Stir and pour into mold and refrigerate. Serves 6.

Kerry Davin

RICE AND VEGETABLE SALAD
(U.S.A.)

8 c. hot cooked rice
1 1/2 c. Vinaigrette *
1 sweet red pepper, julienned
1 green pepper, julienned
1 medium purple onion, diced
6 scallions, finely sliced
1 c. dry currants
2 shallots, peeled and finely diced
1 (10 oz.) pkg. frozen peas, thawed and blanched
1/2 c. chopped Italian parsley
1/2 c. chopped dill
salt and freshly-ground pepper to taste

*Vinaigrette:

1 Tbsp. prepared Dijon mustard
4 Tbsp. red wine vinegar
1 tsp. granulated sugar
1/2 tsp. salt
1/2 tsp. freshly-ground pepper
minced parsley and/or snipped fresh chives to taste
1/2 c. olive oil

To prepare Vinaigrette: Measure mustard into a bowl; whisk in vinegar, sugar, salt, pepper and herbs to taste. Continue to whisk mixture while slowly dribbling in olive oil until mixture thickens. Add just enough seasonings to taste. Cover until ready to use. (Vinaigrette is best if made just before it is used.) If necessary, whisk again before serving.

For salad: Transfer rice to a mixing bowl and pour 1 1/2 cups Vinaigrette into rice. Toss thoroughly and cool to room temperature. Add remaining ingredients and toss thoroughly. Taste, correct seasoning, and add additional Vinaigrette if you desire.

Serve immediately, or cover and refrigerate up to 4 hours. Return to room temperature before serving. Serves 8-10.

Helen Landers

ROASTED PEPPER SALAD
(Italy)

2 large red peppers
1/4 c. olive oil
1 Tbsp. red wine vinegar (optional)
1 clove garlic
1/4 tsp. salt
pepper to taste

Roast peppers over open flame or broil on rack of broiler pan under a preheated broiler about 6 inches from the heat, turning frequently, for 10 minutes or until skins are blistered and charred. Enclose the peppers in a brown paper bag and let steam until cool enough to handle. Peel the peppers, cut into strips and arrange in a bowl.

In a small bowl, whisk together 1/2 cup olive oil, vinegar, finely-chopped garlic, salt and pepper. Pour dressing over peppers and then arrange in serving dish. Chill and serve at room temperature. Serves 2-3.

Variations: You may add thinly-sliced red onion and/or small tomatoes, cut in thin wedges.

Connie Martino

SUMMER OR POLYNESIAN RICE SALAD
(U.S.A.)

1 c. brown rice
1/3 c. orange juice
3 Tbsp. Italian salad dressing
2 tsp. honey
1/2 tsp. grated orange peel
2 c. fresh spinach, torn into bite-sized pieces
2 small oranges, peeled and sectioned
1/2 c. sliced celery
1/2 c. toasted, slivered almonds

Cook rice 20-30 minutes or until done. Transfer to large bowl. Cover and chill. Combine orange juice, dressing, honey and orange peel. Stir into chilled rice. Cover and chill several hours. Stir in remaining ingredients before serving. Serves 6-8.

Ann Marie Speicher

SUMMER RICE SALAD
(U.S.A.)

3 c. steamed rice, cooled to room temperature
3/4 c. French dressing (clear as opposed to orange colored)*
1/4 c. mayonnaise
1/2 c. thinly-sliced radishes
1/2 c. thinly-sliced scallions
1 medium green pepper, minced
2 Tbsp. minced gherkins
1 Tbsp. minced parsley
1 Tbsp. snipped dill
1 Tbsp. snipped chives
salt and pepper to taste

Combine and mix well. Serves 8.

*Moss Ness French dressing to which a clove of garlic added for flavor a few hours before serving works well in this recipe.

Marilyn Swenson

TABOOLEH
(Wheat and Parsley Salad; Lebanon)

1 c. fine burghul (cracked wheat)
2 c. finely-chopped parsley
1 c. finely-chopped scallions (or onions)
1/2-1 c. chopped fresh mint leaves
2 tomatoes, diced (optional)
1/2 c. olive oil
3/4-1 c. lemon juice
salt and pepper

Soak burghul in water (enough to cover burghul) for half an hour. Put chopped vegetables in a large bowl. Drain burghul, squeezing out excess water. Combine oil, lemon juice, salt and pepper; blend into burghul. Mix seasoned burghul with chopped vegetables. Adjust lemon and salt to taste. Serve with lettuce leaves, torn in bite-sized pieces, to use as scoops to eat the Tabooleh. Serves 6-8.

Emily Hajar

AUNT HELENE'S COLE SLAW DRESSING
(Bellingham, Washington)

1 Tbsp. vinegar
2 Tbsp. (or more) sugar (may substitute honey)
2 Tbsp. mayonnaise
3 Tbsp. milk or evaporated milk
pinch of salt

Combine ingredients and stir until consistency is smooth. Pour over cole slaw. Chill slightly before serving. Serves 4.

Cathy Griffith

BARBEQUE SAUCE
(Pennsylvania Dutch)

1 medium onion, quartered
1 clove garlic
1 (12 oz.) jar chili sauce
1 tsp. dried oregano
1 tsp. dried tarragon
3 tsp. lemon juice
1/4 c. salad oil
1 tsp. salt
1 tsp. dried mustard
3 drops Tabasco sauce
1 Tbsp. Worcestershire sauce
3 Tbsp. sugar
1/4 c. red wine

Mix all the ingredients in a blender and blend for 10 seconds. Use cold for basting roast or chops, or it can be simmered for 30 minutes and served hot. Yields 1 1/2 cups.

William L. Cain

BLENDER HOLLANDAISE SAUCE
(France)

2 egg yolks
2 Tbsp. fresh lemon juice
1/2 c. butter or margarine, melted
salt and pepper to taste

Put egg yolks and lemon juice into blender. Whirl at top speed until light yellow and thick. Open small disc at top of blender jar and gradually pour in butter, keeping mixture at top speed. Blend until thick and creamy and all butter is absorbed. Add salt and pepper. Yields 1/2 cup.

Maryanne Spicer

BLUE CHEESE DRESSING
(Yankee)

1 c. Blue cheese
2 c. mayonnaise
1/4 c. vinegar
2 Tbsp. sugar
1/2 c. sour cream
1 clove garlic, minced

Mix crumbled Blue cheese, mayonnaise, vinegar, sugar, sour cream and garlic. Beat until fluffy and chill. This beats any you can buy in the store! Yields approximately 2 cups.

Pat Beckles

BRIGHAM'S CHOCOLATE SAUCE
(Boston)

3 sq. unsweetened chocolate
1/4 c. butter
1 c. granulated sugar
1 small can evaporated milk
1/2 tsp. vanilla

Melt chocolate and butter in saucepan. Add sugar and milk. Cook and stir until mixture thickens and bubbles. Remove from heat. Add vanilla. This is delicious on ice cream. It may be kept in the refrigerator several weeks. Serves 6.

Mary Christensen
Diane Marino

BROCCOLI VINAIGRETTE
(Italy)

2 bunches broccoli, trimmed
1/2 c. olive oil
1 1/2 Tbsp. lemon juice
1 sweet red bell pepper, roasted, seeded, peeled and cut into thin strips
2 Tbsp. capers
1 small clove garlic
2 Tbsp. fresh parsley, chopped
salt and pepper to taste

Cut off broccoli flowerets in bite-sized pieces. Peel thick stalk, discarding any leaves and woody parts, and cut into small chunks. Drop broccoli pieces into large pot of boiling water; return to a boil and simmer 2 minutes. Drain broccoli and immediately rinse in cold water to stop the cooking. Rinse until broccoli is cold. Drain thoroughly and pat dry on towel.

Mix together olive oil and lemon juice. Add roasted red pepper strips, capers, garlic, parsley, and salt and pepper to taste. Pour the Vinaigrette over the broccoli and toss until every piece is coated with the dressing. Refrigerate covered, and bring to room temperature before serving and toss again. Serves 6-8.

Dr. Deanna Pearlmutter

CAESAR SALAD DRESSING
(New England)

1 egg
3/4 c. salad oil
1/4 c. lemon juice
1 tsp. salt
1/2 tsp. black pepper
4 tsp. Worcestershire sauce
1/4 c. Parmesan cheese, grated

Submerge egg in boiling water for 1 minute. Break in bowl and whip until fluffy. Continue beating at high speed, slowly adding oil. Reduce speed and add other ingredients. Yields 1 cup.

Louise Hatch

FRUIT SALAD DRESSING
(U.S.A.)

2 small pkg. cream cheese, softened
1/4 lb. marshmallows, cut
1/2 pt. medium cream
cherry juice (to color)

Combine all ingredients. Leave in refrigerator until chilled. Beat with rotary beater until smooth. Color pink with cherry juice. Serve over fresh fruit salad. Yields 1 cup.

Gail Grootemaat

HOT CHOCOLATE SAUCE
(U.S.A.)

3/4 lb. semi-sweet chocolate
3/4 c. heavy cream
1 Tbsp. your favorite liqueur

Chop the chocolate into chip-sized pieces and put in a medium-sized heatproof bowl. Bring the cream to a full boil in a small saucepan. Pour immediately over the chocolate and stir until the chocolate is melted and smooth. Add liqueur. Spoon warm mixture over your favorite ice cream. Serve.

Note: This is great with Kahlua, over coffee or chocolate ice cream. If sauce hardens, put bowl over simmering water and melt the chocolate, stirring occasionally. Do not overheat or the chocolate will separate. Yields 1 1/2 cups.

Claudia Young, M.D.
Bill Sammons, M.D.

JEZEBEL SAUCE
(Serve on Game and Meats)
(Midwest, U.S.A.)

1 (10 oz.) jar pineapple preserves
1 (10 oz.) jar apple jelly
1 (6 oz.) jar horseradish
1/4 oz. dry mustard
1 tsp. ground black pepper

Mix all ingredients together. Let set in refrigerator for 1 hour. Serve on game and meats. Yields 3 cups.

Ann Daily

RASSULO'S TOMATO SAUCE
(Southern Italy)

1 (12 oz.) can crushed tomatoes
1 (8 oz.) can tomato sauce
1 (6 oz.) can tomato paste
14 oz. water
3 cloves garlic, finely chopped
2 Tbsp. parsley (fresh or dried)
1 Tbsp. garlic powder
1 tsp. onion powder
1 tsp. salt
1 tsp. pepper
1 Tbsp. basil
1 Tbsp. oregano

In large (4 quart) pot combine all ingredients and bring to a boil. Immediately turn down to simmer. Remain at simmering for 45 minutes to 1 hour. Meat balls, sausage, chicken or chops may be added during simmering. Serve over pasta. Serves 4.

Donna Rassulo

SQUID SAUCE FOR PASTA
(From Mama Leone's Cookbook)
(Italy)

1 1/2 lb. fresh squid
3 Tbsp. olive oil
3 Tbsp. sweet butter
2 oz. salt pork, diced
1/4 lb. onions, peeled and diced
2 medium garlic cloves, mashed
1/2 tsp. dried oregano
1/3 tsp. salt
12 fresh parsley sprigs (leaves only)
1/2 tsp. freshly-ground black pepper
pinch of crushed red pepper (or to taste)

1/4 c. red dry wine
3 Tbsp. freshly-grated Parmesan cheese
6 small tomatoes or 1 c. canned, peeled, chopped fine
6 anchovy fillets, mashed

Cut off heads of squid. Wash and dice. Combine olive oil, butter and salt pork in saucepan or skillet; heat. Add onions and cook until medium brown. Add squid; stir and cook slowly for 15 minutes. Chop garlic and parsley together and add to squid with red and black peppers. Stir and cook 2 minutes.

Add wine, cover and simmer for 5 minutes. Add cheese and chopped tomatoes, salt and oregano. Stir, cover and cook slowly for 50 minutes. Taste for cooking and salt.

When sauce is ready to be taken off heat, add mashed anchovies. Sauce is especially good for heavier pasta; i.e. rigatoni, ziti or mostaccioli. Yields 4 cups sauce.

Mike and Emily Gmitter

TARATOUR
(Tahini Sauce: Arab Countries)

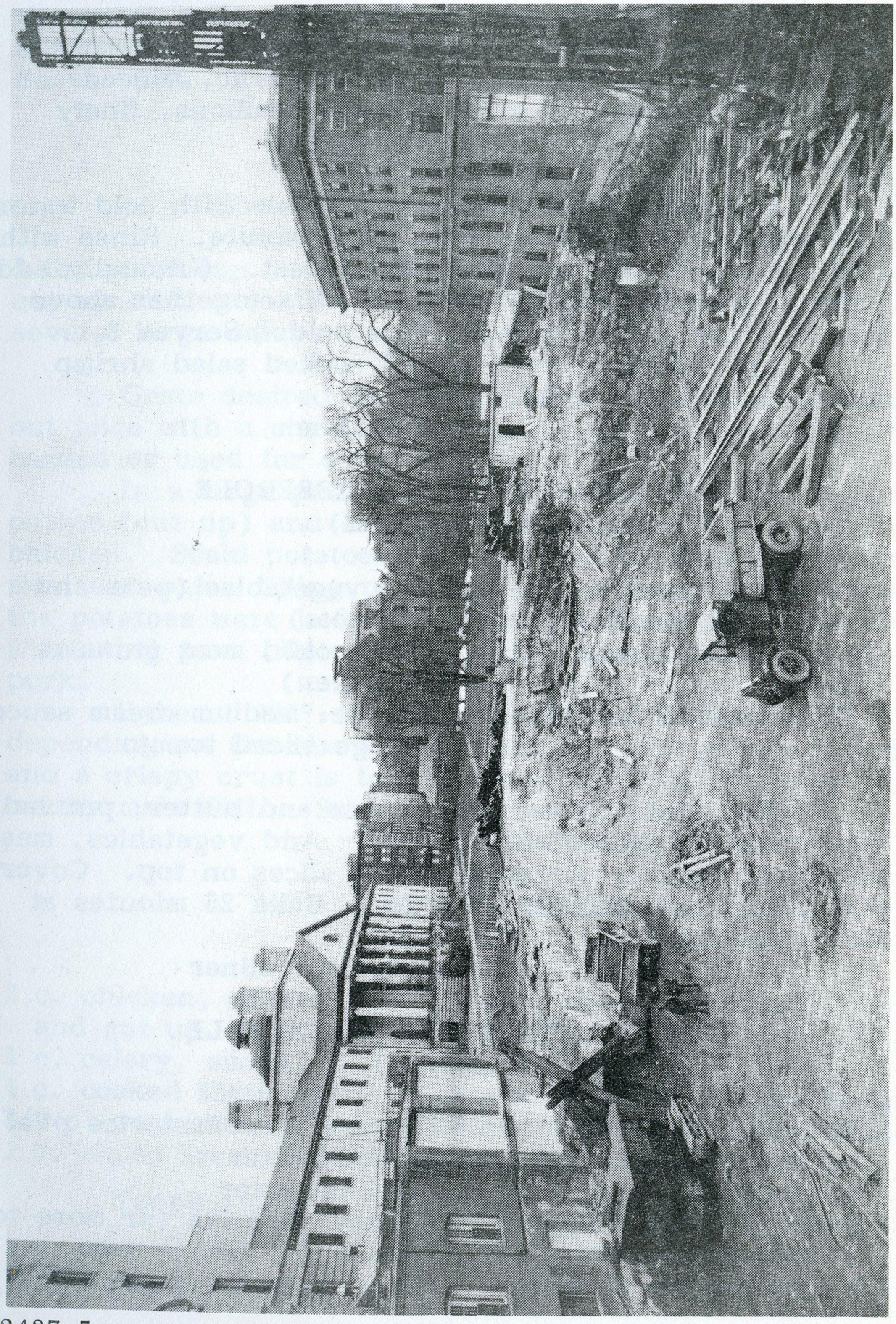
3 Tbsp. tahini
1 2-3/4 c. water
juice of 1 lemon
1 clove garlic, mashed with 1/2 tsp. salt

Mix all ingredients together. Mixture should be thin. This is excellent sauce for cauliflower, spinach, asparagus, fish and shrimp. Yields approximately 1 1/2 cups.

Emily Hajar

The excavation site for the White Building in November, 1937. Demolition had been completed and excavation was begun in August, 1937. During the excavation, one of the old hospital wharves was uncovered 6 feet below the ground surface. The wharf site is visible on the right side of the photograph, next to the Moseley. Prior to the landfill of the Charles River flats from 1859-1863 by the City of Boston, the wharf was used to gain access to the hospital via the river. The Bulfinch and Domestic buildings are on the left side of the picture.

Main Dishes



COLD PEANUT BUTTER NOODLES
(China)

1 lb. dry spaghetti
1 lb. bean sprouts
1 lb. cooked chicken meat
1/3 c. peanut butter
1/2 c. water
1/4 c. soy sauce
2 Tbsp. sesame oil
2 Tbsp. hot oil (or pepper for taste)
1/4 c. vinegar
5 cloves garlic, minced
2 Tbsp. scallions, finely chopped

Cook spaghetti as directed; rinse with cold water. Boil water; cook bean sprouts for 1 minute. Rinse with cold water. Shred cooked chicken meat. Gradually add water to peanut butter; mix well. Mix together above and all other ingredients. Serve cold. Serves 8.

For variety, try 1 pound cooked salad shrimp instead of chicken meat.

Li-Li Chen

GARDEN SUPPER CASSEROLE
(New England)

2 c. cubed bread (seasoned stuffing)
1/2 c. grated sharp cheese
2 Tbsp. melted butter
1 c. vegetables (peas and carrots)
1 c. cooked meat (tuna or chicken)
1 1/2 c. medium cream sauce
1 large sliced tomato

Mix bread cubes with cheese and butter; put half into greased 1-quart baking dish. Add vegetables, meat and cream sauce. Arrange tomato slices on top. Cover with other half of crumb mixture. Bake 25 minutes at 350°. Serves 4-6.

Beverley Zellner

MIKE'S "HEARTY" CASSEROLE
(U.S.A.)

2 lb. chicken hearts (gizzards can be substituted)
2 green onions, chopped
1/2 clove garlic, chopped
salt and pepper to taste
2 boxes Near East rice pilaf
1 stick butter
3 1/2 c. water
1/4 tsp. paprika (or more to taste)
1/3 c. chopped celery

Wash hearts or gizzards and chop. Set aside. Mix all remaining ingredients, including uncooked rice pilaf, in a 4-quart casserole dish. Add chopped gizzards to casserole and cover. Bake in a conventional oven at 325° for 2 hours; or microwave on high until the water boils, then on low setting until all water is absorbed, usually 10 and 20 minutes, respectively. Serves 6-8.

Mike Gmitter

ROPPIE PIE
(French-Canadian; Nova Scotia)

5 lb. potatoes
cut-up chicken or fowl
several large onions
salt and pepper
butter or salt pork

Grate desired number of large potatoes. Squeeze out juice with a cheesecloth bag. (Juice may be discarded or used for soup, etc.)

In a large pot, boil down the chicken with the onions (cut up) and some salt and pepper. Bone out chicken. Scald potatoes with the stock, mixing in the meat and onion filling to almost the same consistency as the potatoes were before squeezing. Place mixture into a roasting pan. Dot the top with either butter or salt pork.

Bake at 400°-450° (hot oven) for 2-3 hours, depending on the size of the pan, or until golden brown and a crispy crust is formed on top. This is a very hearty main dish. Serves 12.

Linda B. White

HOT CHICKEN SALAD
(U.S.A.)

2 c. chicken, cooked and cut up
1 c. celery, sliced
1 c. cooked Minute rice
3/4 c. mayonnaise
1 c. sliced fresh mushrooms
1 tsp. chopped onion
1 tsp. lemon juice
1 tsp. salt
1 can cream of chicken soup
1 can sliced water chestnuts

Topping:

1 c. corn flakes
1/4 lb. melted butter
1/2 c. slivered almonds

Mix all ingredients together and put in an uncovered 2-quart casserole dish. Prepare topping and sprinkle over chicken mixture. Bake for 35 minutes at 350° or until bubbly. Serves 8.

Joan Pappalardo

CHICKEN POT PIE
(Pennsylvania Dutch)

1 (3-4 lb.) chicken
2 medium-sized potatoes
2 c. flour
2 eggs
salt and pepper

Dough:

2 c. flour
2 eggs, beaten well

Cook the chicken; cover with water and simmer until tender. Add salt to taste. Cut chicken into small pieces. Pare and slice potatoes; add to broth and chicken.

Make Dough: Make a well in flour; pour eggs into flour well. Mix flour and egg (if too dry, add another egg). Roll out thin and leave to dry, then cut into 1 1/2-inch squares.

When broth (with potatoes) boils, add the dough. Cook until potatoes are soft. Add salt and pepper to taste and serve. Serves 4-6.

Cheryl Stetler

CRUNCHY CHICKEN CASSEROLE
(U.S.A.)

2 large carrots, peeled
1 c. salted water
1/2 c. butter
1/4 c. all-purpose flour
1 (10 3/4 oz.) can chicken broth
8 oz. natural Cheddar cheese, shredded
4 c. diced, cooked chicken
1 (2 oz.) jar chopped pimentos
8 oz. herb seasoned stuffing

Slice carrots and simmer in 1 cup salted water until not quite tender; drain. Shred cheese and set aside. In 3-quart saucepan melt 1/4 cup butter; stir in flour and then add broth, stirring constantly until mixture thickens. Lower heat and add cheese, stirring

until cheese melts. Remove from heat and add chicken, carrots and pimentos. Spread in a shallow 2-quart casserole dish.

Preheat oven to 375°. In a 10-inch skillet melt 1/4 cup butter and add stuffing mix until coated. Spread over chicken mixture and bake for 30 minutes. Serves 8 (1-cup servings).

Paula Halpin

FLUFFY RICE AND CHICKEN
(U.S.A.)

1 (10 1/2 oz.) can condensed cream of mushroom soup
1 soup can of milk
3/4 c. uncooked rice
1 (4 oz.) can mushrooms stems and pieces
1 envelope onion soup mix
2 chicken breasts, halved

Heat oven to 350°. Mix mushroom soup and milk. Reserve 1/2 cup of mixture. Mix remaining soup and milk mixture, rice, mushrooms (with liquid) and half of the onion soup mix. Pour into ungreased baking dish, 11 1/2 x 7 1/2 x 1 1/2 inches. Place chicken breasts on top. Pour reserved soup mixture over chicken. Sprinkle with remaining onion soup mix. Cover with foil; bake 1 hour. Uncover and bake 15 minutes longer. Serves 4.

Denise English

MEXICAN LASAGNA
(Mexico)

2 lb. ground beef
1 c. chopped green chiles (7 oz.)
2 c. taco sauce
2 cans cream of mushroom soup
1 large onion, chopped
1 tsp. garlic salt
1 pkg. flour or corn tortillas (you may prefer half and half)
1 lb. shredded Cheddar cheese
sour cream for taste
1 medium can tomato paste

Brown meat and onion. Add remaining ingredients, except tortillas, cheese and sour cream. Layer in large cake pan: Tortillas, meat mixture and cheese.

Bake 45 minutes to 1 hour at 350° in the oven. Top with sour cream. It's great! Serves 12.

Laura Williams

ZUBEEFI
(Italy)

2 medium zucchini
salt and pepper
1/2 c. olive oil
3 medium onions
1 green pepper, chopped
1/3 clove garlic, chopped
3 Tbsp. butter
2 1/2 lb. ground beef
2 tsp. salt
1 Tbsp. oregano
1 (6 oz.) can tomato paste
1 c. small curd cottage cheese
2 c. grated Mozzarella cheese
1/4 c. grated Parmesan cheese
butter

Slice one zucchini thinly; season with salt and pepper. Fry in olive oil. Place zucchini in a buttered 3-quart casserole. Fry onions, green pepper and garlic in butter in large frypan; remove and add to zucchini. Brown beef in frying pan; pour off drippings. Stir salt, pepper, oregano and tomato paste into meat and cook slowly for 3 minutes. Add meat mixture to zucchini; cool 5 minutes. Add cottage cheese and mix well.

Sprinkle Mozzarella cheese over top, cover and bake in a 350° oven for 30 minutes. Remove cover; sprinkle with Parmesan cheese. Bake, uncovered, for 15 minutes.

To serve, slice remaining zucchini, saute in butter and place on top. Serves 6-8.

Bernadette Reilly-Smorawski

ZUCCHINI-HAMBURGER-CHEESE CASSEROLE
(U.S.A.)

1 lb. ground beef
1/2 c. chopped onion
1/2 c. Italian bread crumbs
1/2 tsp. salt and pepper
1 tsp. Italian seasonings
6 small or 3 medium zucchini, sliced
1/2 c. butter
1/4 c. flour
2 c. milk
1 c. grated Cheddar cheese

Brown beef and onion; add bread crumbs and seasonings. Precook and drain zucchini. Make cheese sauce with remainder of ingredients in a separate pan. Layer zucchini, beef and cheese sauce in a greased casserole. Bake 25 minutes at 350°. Cool slightly before serving so cheese sauce thickens slightly. Serves 4.

Regina Alexander

CORN MOUSSAKA DINNER
(Greece)

1 (17 oz.) can whole kernel corn
1 1/2 lb. ground beef
1 Tbsp. all-purpose flour
1 (8 oz.) can tomato sauce
1 tsp. garlic salt
1/4 tsp. ground cinnamon
2 slightly-beaten eggs
1 1/2 c. cream-style cottage cheese with chives
1/4 c. grated Parmesan cheese
1 (4 oz.) pkg. shredded Mozzarella cheese (1 c.)
slivered almonds

In a 1 1/2-quart casserole spread corn. Brown beef in skillet and drain off fat. Add flour; cook and stir 1 minute. Stir in tomato sauce, garlic salt and cinnamon. Pour over corn. Bake in a 350° oven for 15 minutes. Combine eggs and cottage cheese. Spread over meat mixture. Top with Parmesan cheese and Mozzarella cheese. Sprinkle with slivered almonds and bake 10-15 minutes longer. Serves 6.

Terry MacDonald

MOUSSAKA
(Greece)

1 lb. lean ground meat
3 Tbsp. butter
3 Tbsp. chopped onion
1 (8 oz.) can tomato sauce
1/2 c. dry bread crumbs
1 c. grated cheese (Romano and Parmesan)
2 Tbsp. chopped parsley
1 c. white wine (use tomato sauce can as measure)
1 c. water
2 eggplants
olive oil (to fry)
salt and pepper to taste
1/4 tsp. cinnamon (optional)
1/2 tsp. fines herbes (optional)
Bechamel Sauce*

Slice eggplants into 1/4-inch thick slices. Salt and let drain in colander a few minutes to remove any bitter taste. Rinse and dry well with paper towels. Fry eggplants to golden brown in olive oil. Arrange in bottom of 9 x 13-inch pan. Sprinkle with light layer of bread crumbs. Brown onion in 3 tablespoons butter. Add chopped meat and brown until crumbly. Add tomato sauce, wine, water, salt, pepper, parsley and optional seasonings.

Cover pan and cook over low heat for approximately 1 hour. Remove meat from heat and skim off excess fat. Add 1/2 cup grated cheese and 1/4 cup bread crumbs. Mix well. Spread over eggplant slices. Pour Bechamel Sauce over meat layer. Top with remaining cheese and bread crumbs. Mix well. Bake 20-30 minutes, until golden brown, at 350°. Serves 8 if main course, or many more if there are other main courses.

*Bechamel Sauce:

4 Tbsp. butter
1 c. flour
1 qt. hot milk
2 eggs (optional)
salt and pepper

Melt butter in saucepan. Add flour gradually, mixing with a wire whisk until flour is absorbed. Add hot milk gradually, stirring constantly, over low-medium heat until it thickens and starts to boil. Beat eggs in a bowl. Slowly add a small amount of cream mixture to the eggs, beating all the while. Add this mixture to cream mixture, stirring to prevent curdling. Add salt and pepper to taste.

Sonia Lingos

SWEDISH MEAT BALLS
(Sweden)

1/2 c. bread crumbs
1 c. milk
1 small egg, beaten
1 tsp. salt
pepper
1/8 tsp. allspice
1/4 c. chopped onion
1/2 c. shortening
1 lb. hamburger
1 1/4 Tbsp. flour
1 1/4 c. beef broth

Soak crumbs in milk for 15 minutes. Mix in egg and salt, pepper and allspice. Saute onion in 1 tablespoon shortening. Add to mixture. Make small meat balls. Sear in shortening and place in casserole. Mix flour and broth in skillet to make gravy. Pour gravy over meat balls and bake for 20 minutes in a 350° oven. Serves 4-6.

Maryanne Spicer

PIROSHKI
(Russia)

Dough:

1 (8 oz.) pkg. cream cheese
1/2 lb. butter
2 1/4 c. flour
1 tsp. salt
egg

Knead cream cheese, butter, flour and salt into a dough and roll into a ball. Wrap in waxed paper and chill for 4 hours. Roll out on a floured board to 1/8 inch thick and cut into 4-inch rounds. Place 1-1 1/2 teaspoons filling into each round, fold over to make a half circle and set edges with a fork dipped into water. Poke a small hole in the top of each with a fork.

Place Piroshki on a cookie sheet and freeze. When frozen, transfer to a plastic bag for storage. When ready to serve, place frozen Piroshki on a cookie sheet and brush with a lightly-beaten egg. Bake at 350° for 30 minutes or until brown. Serve. Yields approximately 3 dozen.

Meat Filling:

1 lb. hamburger (should not be too lean)
1/2 c. chopped onion
4 hard-boiled eggs, chopped
4-5 Tbsp. butter
salt and pepper
dill weed

Saute onion in butter until yellow. Add hamburger and saute further. Cool a little (mixture should be wet) and combine with egg. Season liberally with salt, pepper and dill weed.

Janice Mercik

STUFFED GRAPE LEAVES
(Middle East)

1 (8 oz.) jar grape leaves
3/4 c. long grain white rice
1/2 lb. ground lamb
3/8 tsp. salt
1/8 tsp. pepper
1 Tbsp. allspice
1 1/2 tsp. lemon juice
ground mint leaves to taste

Rinse grape leaves. Then soak them in hot water to soften. Rinse and drain the rice. Combine the rice and ground lamb in a large bowl. Season this mixture with the salt, pepper and allspice. Place each grape leaf flat on a surface. Put about 1 tablespoon meat and rice filling inside the leaf and roll into a "cigar" shape.

Put the rolled, stuffed grape leaves in a large enough pan to accommodate a rack for separating them during cooking, if possible. Cover inside of lid with water. Cover grape leaves with enough water to keep them from burning. Then add lemon juice and mint leaves for flavor. Cook at medium heat for 35-45 minutes or until tender. Yields 50.

Nancy Maloof

DOLMATHES
(Stuffed Grape Leaves; Greece)

1 jar grape leaves (Alma brand recommended)
1 large onion, diced fine
2 lb. ground beef or lamb
1 c. uncooked rice
1/2 tsp. chopped mint
1 tsp. parsley or dill
1/4 c. olive oil
egg
salt and pepper
butter

Blanch grape leaves in boiling water; drain and refresh with cold water. Chop the onion and mix with ground beef, rice and herbs. Add the olive oil and egg and work in with the hands. Take one grape leaf and put a small spoonful of mixture in the center, and make a little parcel by folding the stem over first, then the sides, rolling them as tightly as possible. Pack very closely together in a large saucepan.

Put several pats of butter on top of stuffed leaves. Barely cover with water and press down with heavy plates to prevent leaves from unrolling. Leave

plates on leaves and cook gently for 1 hour or more. (Save stock for sauce.) Serve with Avgolemono Sauce. Serve as buffet item.

Avgolemono Sauce:

1 oz. butter
2 level Tbsp. flour
1/2 pt. hot stock (reserved from Dolmathes recipe)
2 eggs
juice from 2 lemons
2 Tbsp. cold water

Sauce must be prepared carefully to prevent curdling. Use the stock from cooked grape leaves. Make a roux with butter and flour; cook for several minutes. Add the hot stock very slowly, stirring all the time. Keep hot while preparing the eggs and lemons. Beat eggs until light and frothy; while beating, add the lemon juice and then the cold water. Add the hot stock, a little at a time, and return to pan. Do not allow to boil or the sauce will curdle. Pour sauce over grape leaves (which have been placed in serving dish) and enjoy!

Joanne Perry

PASTICCIO
(Greece)

1 lb. macaroni
grated cheese
1 qt. milk
4 eggs
3 tbsp. flour
1/4 lb. butter
1 lb. hamburg
1 medium onion
1 small can tomato sauce
dash of cinnamon
salt and pepper

Cook the hamburg in a skillet. Add the onion, tomato sauce, cinnamon, salt and pepper. Simmer for about 30 minutes. In a saucepan beat eggs with flour. Add milk and put to boil. When it becomes thick put it aside. Cook macaroni and add grated cheese and butter (so the macaroni is not sticky).

In an oblong baking dish spread half the macaroni on the bottom. Then put all the hamburg sauce on top of that. Then add the remaining macaroni on the top. Pour the milk-egg sauce over all of it. Bake at 400°

for about 45 minutes (just until the top is lightly browned). Let set about 15 minutes before cutting. Serves 6-8.

Diane Delorey

COW PIE
(Southern U.S.A.)

4 small potatoes, cooked
1 can peas
1 lb. ground beef, browned
1 lb. cheese (your choice), grated
spices ad lib

Brown ground beef, drain well and set aside. Peel and boil potatoes and mash well. Grate cheese and set aside. Layer mashed potatoes on the bottom of an iron skillet. Layer peas on top of mashed potatoes. Layer ground beef on top of peas. Layer grated cheese on top of ground beef. Add spices at will. Cook about 30 minutes or until mixture is hot and serve. Serves 4-6 or 3 hungry medical students.

Tim Prince, M.D.

BEEF CUTLET
(India - Kerala)

1 lb. lean ground beef
1 Tbsp. lemon juice
salt to taste
1/2 c. onion, finely chopped
1 Tbsp. fresh ginger
1 tsp. chopped green chili
2 Tbsp. oil
1 c. potatoes, boiled, peeled and crushed
1 egg (yolk and white separated)
salt to taste
bread crumbs

Mix beef, lemon juice and salt; cook on medium heat until the liquid evaporates. Stir while cooking so that caking does not happen. Remove from the heat. Saute onion, ginger and chilies in oil and add to the meat mixture. The mixture may be made softer by being put through a meat grinder. Mix in the potatoes and egg yolk. Make small round patties and roll in the egg white and then the bread crumbs. Deep fry patties until brown.

Ground cloves, cinnamon and hot pepper may be added to the mixture. Makes 15-20 pieces.

Susan Matthews

HEARTY MAN'S CASSEROLE
(U.S.A.)

8 oz. noodles, cooked
a little chopped parsley
1 1/2 c. white onion, chopped
2 c. sliced mushrooms
1/2 c. green pepper
1/4 c. oil
2 lb. ground beef
1/2 tsp. sage
pepper to taste
2 cans cream of celery soup
1/4 c. sharp yellow Cheddar cheese
2 eggs

Cook noodles in the regular manner, drain well and add chopped parsley. Saute onion, mushrooms and green pepper in oil until onion is lightly browned. Add ground beef and seasonings; cook until the meat is done but not browned.

Butter a large casserole. Put in a layer of meat followed by a layer of noodles and repeat layers until the casserole is nearly full, ending with a layer of noodles on top. Pour celery soup (diluted) over this mixture. Allow to stand for 1 hour. Grate cheese over the noodles. Beat eggs until frothy and pour over the top of the casserole. Bake at 375° for 1 hour or until crusty and brown. Serves 8-10.

Margaret A. Martin

COUNTRY BEEF PIE
(U.S.A.)

1 lb. lean hamburg
1/2 c. bread crumbs
2 c. tomato sauce
1 tsp. salt
1/4 tsp. pepper
1/2 c. chopped onion
1/4 tsp. oregano
1 1/3 c. Minute rice
1 c. water
1 c. grated American cheese

Pie Crust: Combine hamburg, bread crumbs, 1/2 cup tomato sauce, 1/2 teaspoon salt, onion, pepper and oregano. Mix well and form a pie crust with the mixture in a 9-inch pie plate.

Filling: Mix rice, 1 1/2 cups tomato sauce, water, 1/2 teaspoon salt and grated cheese. Pour filling into the meat crust. Cover with foil and bake 1 hour and 15 minutes at 350°. Serves 6.

Optional: Uncover, sprinkle with 1/2 cup extra grated cheese and bake an additional 10 minutes.

Susan E. Smith

SOUTH AFRICAN BOBOTIE
(Africa)

1 lb. hamburg
1 onion
1 Tbsp. curry powder
1 Tbsp. chutney, chopped
6 almonds, sliced
3 Tbsp. raisins
1 tsp. salt
1 Tbsp. vinegar
1 large slice bread, crumbled into crumbs
4 Tbsp. gravy, milk or bouillon
1 egg
3 bay leaves

Custard:

2 eggs, beaten
salt and pepper
1 c. warm milk

Brown the meat gently; drain. Add onion, curry powder, chutney, almonds, raisins, salt, vinegar, bread and liquid. Break in egg and mix thoroughly. Grease a 9-inch pie tin or shallow baking dish and lay the bay leaves on the bottom. Put in meat mixture and bake in a 325° oven for 10 minutes. Remove and pour the custard mix over it. Return to oven and bake until custard is set, about 30 minutes. Serves 4-6.

Egg Custard: Mix eggs, salt, pepper and milk. Pour over meat and bake.

Treg Henry

STUFFED EGGPLANT
(Italy)

1 medium eggplant
1 medium onion
1 lb. chopped meat
salt and pepper
bread crumbs
1/2 tsp. Worcestershire sauce
1 1/2 tsp. oregano
1/2 tsp. garlic powder or 1 small clove minced garlic
1 c. ground tomatoes or tomato sauce
Romano cheese

Cut eggplant in half lengthwise and scoop out insides, leaving 1/2-inch shell. Chop scooped portion of eggplant and onion until medium fine. Mix with meat and other ingredients. Fill eggplant shells with mixture

and top with tomatoes and grated Romano cheese. Bake in a 375° oven for 1 1/2 hours. Serves 3-4.

Eleanor McLaughlin

KIBBEE
(Middle East)

3/4 c. bulgur wheat
1 c. hot water (to soften bulgur wheat)
1 lb. ground lamb
2 Tbsp. chopped white onion
1/2 tsp. allspice
1/4 tsp. salt
pepper to taste
touch of garlic salt (if desired)
pignolia nuts (on top if desired)
butter pats (on top if desired)

Soak bulgur wheat in hot water. Drain and mix with ground lamb and chopped onion and all seasonings. (Wheat should be soaked for 1/2 hour and meat should be mixed by hand for best results.) You may add pats of butter on top and sprinkle with pignolia nuts. Bake at 350° for 35 minutes. Check baking progress at 18 minutes to avoid drying out the meat. Additional butter may be added. Serves 4-6.

Nancy Maloof

PASTEL DECHOCOLO
(Chile)

12 ears of corn
1/2 c. water
2 lb. lean hamburger
1 Tbsp. cumin
3 Tbsp. parsley
1 Tbsp. garlic salt
1/2 Tbsp. pepper
2 cans black olives
1/4 lb. yellow raisins
2 large onions
4 hard-boiled eggs
1 chicken, boiled (set aside)
1/2 c. sugar

Slice kernels off cobs of the ears of raw corn and put in a blender with 1/2 cup water. After 30 seconds, put in pot at low heat for 15 minutes. Fry meat, all spices, olives, raisins and onions until brown. Drain half of fluid out and put mixture in a lasagna pan and pat firm. Layer boiled eggs in slices over meat mixture. Layer boiled chicken pieces over eggs. Pour

corn mixture over top of chicken. Sprinkle sugar on top of corn. Bake at 400° for 1/2 hour or until top is brown. Let stand for 15 minutes. Serves 6-8.

Donna Veliz

CHILI
(Mexico)

1 medium onion, chopped
1 green pepper, chopped
1 lb. ground beef
2 (15 oz.) cans tomatoes (in puree)
2 (16 oz.) cans kidney beans
3 Tbsp. flour
3 Tbsp. chili powder

Saute onion and pepper in small amount of cooking oil. Add ground beef. Cook until browned and drain fat. Add cans of tomatoes and beans. Season with salt and pepper to taste. Combine flour and chili powder in bowl; add to meat. Stir while adding to mix evenly. Cook on low heat for approximately 1/2 hour. This is delicious served with hot corn bread! Serves 4-6.

J. Tully

MEAT FATHIYED
(Middle East)

4 oz. cream cheese
1 lb. ground lamb
2 Tbsp. chopped white onion
1 Tbsp. pignolia nuts (optional)
1/2 tsp. allspice
dash of pepper and salt
1/2 c. plain yogurt (optional)
12 frozen crescent rolls (unbaked dough)

Soften cream cheese. Brown meat; drain fat. Add chopped onion to browned meat. (Watch that onion does not burn.)* Mix browned meat and softened cream cheese in a large bowl with pignolia nuts, allspice, pepper and salt. Yogurt may be added at this point, if desired.

Spread crescent roll dough on a flat surface. Drop approximately 2 tablespoons meat filling onto dough and shape into a triangle for baking. Bake according to the directions (time and temperature) on the crescent roll can. Makes 1 dozen.

*Onion may be added raw to meat mixture if preferred.

Nancy Maloof

BAKED STUFFED EGGPLANT BOATS
(Arab Countries)

1 large eggplant
oil
1 lb. lamb meat, coarsely ground
1 onion, chopped fine
1/8 c. pine nuts (optional)
1 can tomato paste
salt and pepper to taste

Peel eggplant and cut in quarters lengthwise. Slice partway down into center of wedge making a pocket for stuffing. Place on oiled sheet. Brush with oil and broil until browned.

Prepare the stuffing by frying lamb, onion, pine nuts and seasoning. Place broiled eggplant into a deep baking pan. Put stuffing into each wedge. Dilute tomato paste with water and pour over eggplant. Add a dash of salt and pepper to taste. Bake in a 350° oven for approximately 1 hour. Serve with rice. Serves 4.

Diane Abdelahad-Mercado

LAMB CASSEROLE
(Scotland)

2 onions, roughly chopped
2 cloves garlic, pressed
2 lb. lean diced shoulder of Scotch lamb
8 oz. carrot rings or small whole new ones
1 1/2 oz. flour
1 small can strained, whole, peeled tomatoes
1 Tbsp. tomato paste
8 oz. luxury-sized dried apricots, soaked overnight in 1 1/2 pt. cider
juice of 1 lemon, freshly squeezed
4 bay leaves
parsley
salt and pepper

Fry onions, garlic and meat in a minimum of fat. Add carrots. Dust with flour to absorb fat. Stir in tomatoes and paste. Add apricots and juice. Bring to simmering point. Add lemon juice, bay leaves and seasonings. Place in ovenproof dish and cook in oven set at 375° for about 1 hour and 40 minutes or until meat is tender. If meat is fat, skim excess at this point.

Remove bay leaves. Check thickness of sauce and remedy if necessary. Wipe dish; garnish thickly

with freshly-chopped parsley. Serve with boiled potatoes and a fresh green vegetable or salad. Serves 4-6.

Jean M. Piazza

STUFFED SQUASH
(Lebanon-Syria)

1 lb. coarsely-ground lamb (beef may be substituted)
1 very small onion, finely chopped
2 Tbsp. fresh parsley, finely chopped
12 heaping tsp. rice (uncooked, but soaked approximately 15 minutes)
1 tsp. salt
1/2 tsp. pepper
1/4 tsp. allspice or other desired seasoning
12 small straight summer squash
pulp of 2 ripe tomatoes or 1 medium can tomatoes

Mix lamb, onion, parsley, rice and seasonings together. Cut off stems of the squash and scoop out the centers. Wash and stuff loosely with the lamb mixture. If available, place a few lamb bones on the bottom of a large pot. Layer squash in the pot. Add tomatoes around the squash and add enough water to cover the squash. Add a small onion to the sauce and 1 teaspoon salt. Cover and cook about 45 minutes. Serves 4-6.

Note: To use leftover lamb mixture, scoop out potatoes, green peppers or cucumbers and prepare as above.

Dianne Abdelahad-Mercado

CABBAGE ROLLS
(Finland)

1 head cabbage

Filling:

1 1/2 lb. hamburg
1 1/4 c. cooked rice
1 egg
2 onions, minced and browned in margarine
1 tsp. dill and parsley
dash of allspice

Sauce:

1/2 c. brown sugar
2 bouillon cubes
2 c. water

Boil whole head of cabbage or cook leaves for 20 minutes. Cool and remove thick veins. Mix filling ingredients. Place a large tablespoonful of filling mixture on each cabbage leaf and make a neat little package of each. Place the rolls in a deep baking pan and sprinkle with brown sugar sauce. Bake in a 400° oven for 30 minutes, then at 350° for 30 minutes. Serves 6-8.

Instead of oven, Cabbage Rolls may be cooked on top of stove for 1 1/2 hours.

Don Lans

GOTABKI
(Stuffed Cabbage Rolls; Poland)

4-5 lb. cabbage
1 large onion, diced
bacon fat
2 c. raw Uncle Ben's rice
1 1/2 lb. hamburg
1 (8 oz.) can tomato sauce
salt and pepper to taste

Remove core from large head of cabbage with sharp knife. Place head, cored side down, into a pot of boiling, salted water and cook until outer leaves become wilted and are easily removed. Saute diced onion in bacon fat until golden. Cook rice as directed on package.

Combine hot rice, hamburg, sauteed onion, and salt and pepper to taste. Place a large scoopful of filling on each leaf (with hard center removed). Roll up leaf, tucking sides in, and place in roasting pan lined with bed of damaged cabbage leaves. Pour tomato sauce over Gotabki, cover with another layer of leaves and bake in a 350° oven for 2 hours. Serves 6-8.

Jean Bator
Laurie O'Leary

HOLUBKI
(Cabbage Rolls; Poland)

1 large head cabbage
1 lb. ground chuck
1/2 lb. ground lean pork
1 1/2 c. cooked rice
1 egg, slightly beaten
1 medium onion, chopped
2 tsp. salt
1/2 tsp. pepper
1 (8 oz.) can seasoned tomato sauce

Cut core from cabbage. Cook in boiling water until leaves are wilted and separate easily. Cool slightly and cut large leaves in halves. Remove hard center stalk of cabbage leaves. Mix together all remaining ingredients, except tomato sauce. Place 1 tablespoon meat mixture on each leaf or half leaf of cabbage. Fold over ends and roll tightly. Place folded side down in greased baking dish or casserole. Cover with tomato sauce. Bake, covered, at 350° for 2 hours. Makes 2-3 dozen. (This can be baked ahead and reheated.) Serves 4-6.

Anne Delaney

PEPPER STEAK
(Jamaica)

2 lb. chuck steak
Lawry's seasoned salt
pepper
1 clove garlic
3 onions
3 green peppers
1 lb. mushrooms
2 Tbsp. butter
2 Tbsp. olive oil
3 beef bouillon cubes
flour

Rinse meat in cold water. Cut into strips or cubes. Season with Lawry's seasoned salt, pepper and garlic. Cover tightly. Leave in refrigerator to marinate overnight. Over medium heat, saute onions, peppers and mushrooms in butter and olive oil in skillet. Add meat and brown to a medium brown.

Transfer ingredients from skillet to 1 1/2-quart kettle. Dissolve bouillon cubes in 2 cups boiling water and pour over meat. Cover tightly and simmer for 1 hour. Thicken with a little flour just before serving. Serve over rice. Serves 6.

Ivett Foster

PIZZA RUSTICA
(Italy)

Filling:

1 lb. Ricotta cheese
8 oz. shredded Mozzarella cheese
1/2 c. grated Parmesan cheese
1/4 lb. Prosciutto (Italian ham)

4 eggs
1/4 c. parsley
1/2 tsp. black pepper

Crust (for 10-inch pie):

2 c. flour
3/4 tsp. salt
1/2 c. Crisco oil
1 egg yolk
1/4 c. water

Crust: Mix ingredients well and roll out between two sheets of waxed paper. Line a 10-inch deep pie pan with crust.

Filling: Mix Ricotta cheese with remaining ingredients. Put into unbaked pie crust. Spread evenly. Bake in a 350° oven for 1 hour or until knife inserted comes out clean. It can be served hot or cold. Serves 12.

Rose M. Elliott

HOG MAW
(Pennsylvania Dutch)

1 large pig's stomach
6 c. diced potatoes
1 lb. fresh sausage
1/2 lb. fresh hot sausage
salt and pepper

Cook potatoes until slightly underdone. Wash out maw. Fill maw, alternating potatoes with sausage (salt and pepper each layer). Sew up maw. Bake in a 300° oven for 4 1/2 hours. Slice and serve. Serves 4.

Cheryl Stetler

TOURTIERE
(Pork Pie)
(Canada [French])

1 lb. ground lean pork
1/2 lb. ground lean beef
3 Tbsp. minced onion
1/2 tsp. salt
1/8 tsp. freshly-ground pepper
1 c. water
1/8 tsp. ground cloves
1/4 tsp. ground cinnamon
1 1/2 c. mashed potatoes
pastry for 1 (9 inch) two-crust pie

In a 10 or 12-inch cast iron skillet, combine pork, beef, onion, salt, pepper and water. Simmer over low heat for 45 minutes. Add cloves and cinnamon; cook for 15 minutes longer. Add potatoes. Combine and cool thoroughly, about 1 hour.

Preheat oven to 400°. Line a 9-inch pie pan with pastry. Fill the pie with ground meat mixture; cover with remaining dough. Cut vents in top crust and flute edges. Bake for 45 minutes. Tourtiere freezes well. A 9-inch pie serves 6.

Judy Cote

PORK AND SAUERKRAUT
(Pennsylvania Dutch)

1 (5-6 lb.) pork loin with bones
2 medium onions
1 clove garlic, minced
2-3 large cans sauerkraut
1/2 tsp. caraway seeds
1 bay leaf
salt and pepper to taste
1 can beer
6 medium potatoes

Brown pork roast and drain off grease. Chop onions and mince garlic. In a large pot or Dutch oven add sauerkraut, pork roast, onions, garlic, caraway seeds, bay leaf and pepper (salt may not be necessary). Pour beer over all and cook on low heat (can be done in a 325° oven or crock-pot). Simmer for approximately 6 hours or until pork is done. For the last hour add peeled, halved potatoes and cook until tender. Serve with dark bread.

During cooking if the ingredients appear dry, add an additional can of beer or water. You should end up with approximately 4-5 inches of juice in the pot. Serves 6-8.

Dr. and Mrs. Fred Davis

PATE EN CROUTE
(France)

Pastry:

2 1/4 c. flour
1/2 tsp. salt
1 1/2 sticks butter, cut into small pieces
1 egg
2-3 Tbsp. sour cream

Filling:

4 Tbsp. butter
3/4 lb. ground veal
3/4 lb. ground pork
3/4 lb. ground beef
salt and pepper
1 c. finely-chopped mushrooms
1/2 c. finely-chopped onion
1/4 c. chopped parsley
1 c. shredded Gruyere cheese
4 egg yolks

Glaze:

1 egg
2 Tbsp. heavy cream

Pastry: Sift flour and salt onto a board. Make a well in the center. Add butter and 1 egg. Add sour cream. Quickly work ingredients into a soft ball. Chill in the refrigerator in waxed paper for 30 minutes.

Filling: Heat butter in a large skillet and add beef, veal and pork. Brown meat, breaking up with a fork. Do not overcook. Season with salt and pepper. Remove from heat. Combine with mushrooms, onion, parsley, cheese and egg yolks. Blend well. Cook slightly. Drain off excess liquid.

Butter a cookie sheet lightly. Roll out the pastry to 12 x 15 inches. Center 1/2 of the pastry in the middle of the sheet. Form the meat into a loaf in center with at least 1-inch margin of pastry. Fold over the second half of the pastry to cover first half and seal edges with a fork.

Roll out trimmings and make long pieces, 1/2 inch wide and long enough to be crisscrossed across the loaf.

Glaze: Beat egg and cream together. Cross pastry strips diagonally across the crust. Brush with egg mixture and bake in a 375° oven until golden brown, about 40 minutes. Serves 6-8.

Treg Henry

CALZONE
(Italy)

1 recipe potato bread or frozen bread dough
1 lb. boiled ham, sliced thinly
1 lb. hot ham, sliced thinly
1 lb. Genoa salami, sliced very thinly
2 pkg. fresh or frozen spinach, cooked and drained

1 lb. Mozzarella cheese, sliced or grated
1 egg, mixed with a few drops of water
sesame or poppy seeds (optional)

Make potato dough and let rise 1 hour. (If using frozen dough, thaw and let rise 1 hour or until double in bulk.) Divide dough into thirds. Roll each piece out on a well-floured surface until dough measures approximately 11 x 15 inches.

Leaving about 2 inches of dough to fold, start layering cheese, salami, hot ham and ham. Fold in the 2 inches of dough and roll the layered dough jellyroll style. On top of next layer of dough place another layer of salami and spinach; top with cheese.

Bring remaining dough over this layer and seal edges. Brush with egg-water mixture and top with seeds, if desired. Bake in a 350° oven until golden brown, approximately 20-25 minutes. Cool slightly and slice. Yields 3 loaves. It makes a great appetizer!

Rosemary Jaromin

ITALIAN SAUSAGES WITH RICE CASSEROLE
(Italy)

1 c. rice, uncooked
6 Italian sausages, cut into fourths and browned
2 medium onions, cut in 1/4-inch wedges
1 1/2 tsp. garlic salt plus 1 clove garlic, crushed
1 tsp. oregano
1/2 tsp. basil
1 (16 oz.) can whole tomatoes
1/2 c. water
1/2 medium-sized chopped green pepper (optional)
1 c. shredded Mozzarella cheese

Place uncooked rice on the bottom of a greased 2 1/2-quart casserole. Arrange browned sausages and onions over rice. Sprinkle with garlic salt, oregano and basil. Pour undrained tomatoes over onions. Pour water evenly over everything. Top with green pepper and cover tightly with foil.

Bake at 350° for 1 hour and 15 minutes or until liquid is absorbed. Place cheese over top and cook for an additional 15 minutes. Uncover and let stand 5 minutes before serving. Serves 4.

Elaine Favello

TOAD IN THE HOLE
(England)

1 c. flour
1/4 tsp. salt
1 egg
1 1/4 c. milk
1 lb. sausages
1 Tbsp. shortening (Crisco)

Heat oven to 425°. Make a batter with the flour, salt, egg and milk, beating well until smooth. Let stand for 1/2 hour. Skin the sausages if necessary. Heat the shortening in a square baking pan, put the sausages in the hot fat and pour the batter over them.

Bake at the top of the oven for 35-40 minutes or until batter is well risen and golden in color. Do not open the oven door while batter is cooking. Serves 4.

Note: Eliminating the sausages from this recipe, it then becomes the famous Yorkshire Pudding.

Jayne Galley-Reilley

PEPPERONI PIE
(Italy)

3/4 stick pepperoni
1 small can mushrooms
1 small onion
1 c. milk
1 egg
3/4 c. flour
4 oz. shredded Mozzarella cheese
4 oz. shredded Muenster cheese
dash of salt and pepper
dash of oregano

Chop pepperoni, mushrooms and onion into small pieces. Blend all ingredients in a bowl, then pour into a 9-inch lightly-greased pie plate. Bake 30-40 minutes at 400°. Serves 3-4.

Note: This is a very versatile recipe; mix in whatever you like on a pizza, such as olives, sausage, hamburg, etc.

Robert and Maria Gavazzi
Barbara Carter

KAPRIKA
(Poland)

1 (1-1 1/2 lb.) kielbasa
1 (16 oz.) can string beans, drained, or 1/4 lb. fresh, cooked
1 medium-sized head cabbage, cut into wedges

1 (16 oz.) can tomatoes (not Italian)
salt and pepper to taste

Slice kielbasa into 2-inch pieces and brown in oil or beef fat. (Do not cook, just brown.) Line casserole or pot with string beans. Add kielbasa and cabbage. Pour tomatoes over all. Cook, covered, over low to medium heat for 1 hour; or bake, covered, in the oven at 350° for 1 hour. Eat with Polish rye bread. Serves 4-6.

Laurie O'Leary

FARMER'S PORK CHOPS
(Germany)

6 lean pork chops (1 inch thick)
1/4 c. flour
2 tsp. salt
2 tsp. caraway seeds
3 Tbsp. light oil
1 large knockwurst, thinly sliced
1 c. chopped celery
1 medium onion, chopped
2 sweet gherkins, diced
1/4 tsp. pepper
1 (6 oz.) can tomato paste
2 c. regular-strength beef broth
2 large potatoes, peeled and sliced

Trim fat from chops; coat with mixture of flour, 1 teaspoon salt and 1 teaspoon caraway seeds. In large skillet brown chops on both sides in oil; remove chops and pour off fat. To skillet add knockwurst, celery, onion and gherkins. Sprinkle with pepper and remaining salt and caraway seeds. Return chops to skillet.

Combine tomato paste and beef broth; pour enough over chops just to cover. Arrange potatoes over meat and pour remaining tomato paste mixture over all. Simmer, covered, until meat is tender, 35-45 minutes. Serves 6.

Suggested Menu: Farmer's Pork Chops, noodles, spiced apples, red cabbage salad, pumpernickel bread and plum cobbler.

Wilfred P. Markert

STUFFED SAVOY CABBAGE
(Kapusta Wloska Faszerowana; Poland)

2 small heads savoy cabbage, quartered
salted, boiling water
1 medium onion, minced

1 Tbsp. butter
1 lb. ground meat (pork or lamb)
1 white roll, moistened in milk and mashed
salt and pepper
dash of nutmeg
2 whole eggs, lightly beaten
bacon strips (for lining casserole)

Parboil cabbage for 5 minutes in salted, boiling water. Drain and when cool enough to handle, spread the leaves with stuffing made as follows: Brown onion lightly in butter. Mix thoroughly with meat, roll, seasoning and eggs. After spreading the leaves, roll up and secure each roll with cotton thread. Then arrange tightly in a casserole lined with bacon strips.

Add 1/2 cup water and simmer, tightly covered, until almost dry. Bake, still covered, in a 375° oven for 1 1/2 hours, so that cabbage looks baked and brown.

Sauce:

1 Tbsp. butter
1 1/2 tsp. flour
1 tsp. Maggi extract or Kitchen Bouquet
water or bouillon to taste (3/4-1 c.)

Add these ingredients to pan drippings. Place cabbage in sauce and simmer another 10 minutes. Serves 8.

Jean Nardini

FRIED CABBAGE
(Poland)

1 1/2 lb. Polish sausage (kielbasa)
1 large onion, diced
2 large cans sauerkraut
salt and pepper
2 bay leaves

In saucepan cover kielbasa with water and bring to a boil; simmer for 45 minutes. Reserve water. In an electric frypan saute onion in bacon fat. Add rinsed and well-drained sauerkraut, salt and pepper, and bay leaves. Fry slowly for 45 minutes. The secret of frying this is to keep adding a small amount of the kielbasa water. Serve with kielbasa and boiled potatoes. Serves 5-6.

Jean Bator

SPAGHETTI A LA CARBONARA
(Rome, Italy)

1/2 lb. bacon, cut in strips 1/4 inch wide
2 Tbsp. olive oil
1 Tbsp. butter
4 garlic cloves
1/4 c. beer
2-3 Tbsp. salt
3 eggs
3/4 c. Parmesan cheese, grated
pepper (freshly ground)
2-3 Tbsp. chopped parsley
1 (1 lb.) pkg. spaghetti

Saute the garlic in the oil and butter over medium heat until deep gold. Then discard oil. Put bacon in the same pan and cook until crisp on the edges. Add the beer and boil for 2 minutes, then turn off heat and set aside.

Break the eggs into the same bowl in which you will be serving spaghetti and beat lightly. Add the cheese, the parsley and a few grinds of pepper; mix well.

Boil the spaghetti in ample water until "al dente". Drain the spaghetti well and add to the bowl with the eggs and cheese. Toss quickly and thoroughly until the spaghetti is well coated. Reheat the bacon quickly over high heat, then pour the entire contents of the pan over the spaghetti. Toss again thoroughly and serve immediately. Serves 4.

Eric Proctor

SPAGHETTI A LA CARBONARA
(Italy)

1 lb. spaghetti
6 strips lean bacon
4 Tbsp. butter, melted
1 c. grated Pecorino or Parmesan cheese
black pepper
2 uncooked egg yolks

Cook bacon, cut into small bits and add to melted butter. Cook spaghetti al dente; strain and immediately add to large bowl in which the yolks have been broken and stirred. Vigorously tossing the pasta, add the bacon, butter, cheese and pepper to obtain a good mix. Serve immediately. It does not reheat well! Serves 4.

Glenn M. LaMuraglia, M.D.

CIOPPINO
(Italy)

1 large onion, chopped
2 garlic cloves, minced
1 medium green pepper, minced
2 Tbsp. olive oil
1/4 lb. butter
28 oz. canned Italian-style whole tomatoes
1/2 c. white wine
1/2 c. chopped parsley
1 Tbsp. salt
1/2 tsp. fresh basil
1 lb. medium shrimp
1 doz. clams (with shells)
1 1/2 lb. scrod
1 lb. scallops
1 small jar large stuffed green olives

Saute on low heat the onion, garlic and green pepper in oil and butter for 5 minutes, until tender and garlic is light brown. Add tomatoes with liquid, cutting tomatoes with a knife. Add wine, parsley, salt and basil. Bring to a boil. Reduce heat to low, cover and simmer for 15 minutes. Bring heat to medium. Add clams and cook for 5 minutes. Add shrimp and fish and cook for 3 minutes. Add scallops and cook for 2 minutes only. Stir casserole; all clams should be open and shrimp pink. Ladle into soup bowls. Serve with angel hair pasta or linguine. Serves 6.

Karen Delvecchio

CRAB CASSEROLE
(France)

1 c. light cream
1 tsp. parsley
1 Tbsp. shallots
1 Tbsp. red pepper
1 Tbsp. green pepper
4 Tbsp. butter
1 lb. fresh crabmeat, cooked and flaked (do not use canned crab as a substitute)
2 Tbsp. dry white wine
1 1/2 tsp. dry mustard
1 tsp. Worcestershire sauce
dash of Tabasco sauce
salt and pepper
3/4 c. bread crumbs

In a small saucepan stir in light cream and cook over moderately high heat for 10 minutes. Stir in minced parsley. Remove pan from heat. In small skillet cook shallots, minced red pepper, and minced green pepper in 2 tablespoons butter over moderately high heat, stirring for 3 minutes. Stir in dry white wine, mustard, Worcestershire sauce, Tabasco sauce, salt and

pepper. Simmer for 2 minutes and remove from heat. Stir in cooked crabmeat and slowly add cream mixture. Pour crab mixture into a Pyrex dish (8-inch pie plate); sprinkle bread crumbs over the top. Melt remaining 2 tablespoons butter and drizzle over crumbs. Bake at 375° for 10 minutes or until bubbly hot. Serve with rice. Serves 3.

Averil Ma, M.D.

SHERRIED CRABMEAT CASSEROLE
(Southern U.S.A.)

1/4 c. mushrooms, sliced
1/4 c. chopped onion
3 Tbsp. butter
3 Tbsp. flour
1/2 c. cream
1/4 tsp. marjoram
1/4 tsp. thyme
1/2 tsp. salt
1/4 tsp. pepper
1 lb. crabmeat
1/4 c. sherry
1/2 c. Parmesan cheese

Saute mushrooms and onion and set aside. Melt butter and stir in flour until well blended. Stir in cream over low heat. When boiling add spices. Remove from heat and add crabmeat, onion, mushrooms and sherry. Turn into four individual casseroles. Sprinkle with Parmesan cheese and bake at 350° for 5-10 minutes, or until lightly browned. Serves 4.

Joanne Charles

SHRIMP AND CHEESE CASSEROLE
(U.S.A.)

6 slices white bread
1/2 lb. Old English cheese
1 lb. prepared shrimp
1/4 c. melted butter
3 whole eggs, beaten
1/2 tsp. dry mustard
1 pt. milk
salt to taste

Break bread and cheese into bite-sized pieces. Arrange shrimp, bread and cheese into several layers in greased casserole. Pour melted butter over this mixture. Add mustard and salt to beaten eggs, then add milk and stir. Pour this over casserole ingredients. Let stand a minimum of 3 hours (preferably overnight) in refrigerator, covered. Bake in a 350° oven, covered, for 1 hour. Serves 4.

Jane Kimbrough

BROCCOLINI PASTA
(Italy)

1 lb. rotini twists
2 c. chopped broccoli, steamed (1 pkg. frozen)
1 1/2 c. Swiss cheese, grated
1 (13 oz.) can clam sauce (white; Progresso)
1 c. heavy cream
salt and pepper

Cook macaroni as directed on package. Mix cream, cheese, salt and pepper over low heat until cheese melts. Add broccoli (already steamed) and clam sauce. Simmer 15 minutes. Mix in macaroni. Serve, then enjoy! Serves 4-6.

Karen Miguel

LINGUINE WITH WHITE CLAM SAUCE
(Linguine a la Vongole; Italy)

3-4 doz. small hard-shelled clams (in shells), well scrubbed
1/2 lb. dry linguine or spaghetti
salted water
2 Tbsp. butter or margarine
2 Tbsp. olive oil
1 small onion, finely chopped
3 cloves garlic, minced
1/2 c. dry white wine
salt and pepper
1/2 c. chopped fresh parsley

Place clams and 1/4 cup water in a large heavy pan. Cover and simmer just until clams pop open, 5-10 minutes. When cool, remove clams from shells and set aside. (Save a few clams in shells for garnish.) Strain clam broth to remove grit; reserve broth.

Cook linguine in a large kettle of boiling, salted water until "al dente". Drain well (as per package directions). When linguine cooks, place butter and oil in a wide frying pan over medium heat. When butter is melted, add onion and cook, stirring often, until soft. Mix in garlic, wine and strained clam broth. Bring to a boil, stirring occasionally, and cook until liquid is reduced by about half. Add clams. Season with salt and pepper to taste, and stir in parsley.

Arrange linguine on warm serving platter. Spoon hot sauce over linguine. Garnish with reserved clams in shells. Serves 4.

Gael Evangelista

LINGUINE WITH CLAM SAUCE
(New Haven, CT)

1 Tbsp. butter, margarine or oil
1 large onion, chopped
1 Tbsp. sugar
1 1/2 c. celery, chopped
2 carrots, thinly sliced
2 green peppers, chopped
other "veggies (i.e., corn, broccoli, etc.)
1 c. white wine (Marsala's good; may add more if desired)
1 tsp. garlic powder (or more)
1 tsp. oregano
1 Tbsp. parsley
salt and pepper for taste
2-3 cans chopped or minced clams
1 1/2 lb. spinach linguine (other noodles may be used)
grated Romano cheese

Melt butter in large frying pan or wok (works better). Saute onion until most of butter is absorbed. Sprinkle sugar over onion and stir. Stir in vegetables. Add wine and continue to stir until vegetables are soft. Add spices and stir. Add clams with juice and stir well and simmer. Boil linguine "al dente". Put sauce in bowl and top with generous amount of cheese. Serve with garlic bread and white wine. Serves 6.

This recipe is very flexible. Add any vegetable or subtract clams if you prefer a vegetarian dish. Sauce will suffice.

Sue Pursell

EGGPLANT PARMESAN
(Italy)

1/4 c. oil
1 c. chopped onion
2 cloves garlic, mashed
1/3 c. chopped parsley
1/2 tsp. basil
1/2 tsp. oregano
2 (15 oz.) cans tomato sauce
1/2 lb. tofu
2 medium eggplants, unpeeled
3 eggs, beaten
flour
1 c. Parmesan cheese
1/2 lb. Mozzarella cheese, sliced

Heat oil in frying pan. Saute onion, garlic and parsley; stir in seasonings. Put 1 can tomato sauce in blender with tofu and blend. Add to onion with second can of tomato sauce. Simmer; add salt and pepper to

taste. To prepare eggplants, heat 2 tablespoons oil in frying pan. Slice eggplants in 1/2-inch slices and dip in egg and flour. Fry 2-3 minutes on each side. Add more oil if necessary.

In a 9 x 13-inch baking pan layer sauce, eggplants and Parmesan cheese. Repeat. Top with slices of Mozzarella cheese. Cover with foil and bake at 350° for 30 minutes. Serves 6.

Maeve Blackman

LINGUINE WITH PESTO SAUCE
(Italy)

1 (16 oz.) pkg. linguine or spaghetti
2 c. lightly-packed, torn fresh basil leaves (stems removed)
3 Tbsp. pine nuts
1 c. olive oil
1 clove garlic
1/2 tsp. salt
dash of pepper
1/2 c. freshly-grated Parmesan cheese
2 Tbsp. butter
1/4 c. freshly-grated Romano cheese

In large saucepan, cook linguine according to package directions. Meanwhile, in a blender or food processor (with knife blade), blend or process basil leaves, pine nuts, garlic, salt, pepper, cheeses and oil until the consistency of creamy butter. Drain linguine when cooked. Return to saucepan. Toss with butter; turn pasta onto warm plate. Spoon sauce over it. Garnish with basil leaves. Serve with additional grated cheese if you wish. Toss before serving. Serves 4.

Donna Vienneau
Karen Miguel

NOODLE LASAGNA
(Italy)

2 lb. Ricotta cheese
7 eggs
grated cheese
Mozzarella cheese (optional)
1 lb. medium noodles
Italian tomato sauce

Mix Ricotta cheese, grated and Mozzarella cheeses together. Beat in the eggs. Cook noodles; drain. Run under cold water and drain again. Add noodles to

cheese mixture and mix well. Put Italian tomato sauce in the bottom of a baking pan. Pour noodle and cheese mixture on top of sauce and spread evenly. Cover top of mixture with more tomato sauce. Cover with foil, seal tightly and refrigerate overnight.

Bake at 350° for 1 hour. Remove foil and check if cheese is set. Let stand for 20 minutes before cutting and serving. Serves 6-8.

Tony and Rose Sarno

FETTUCINE AL PESTO
(Italy)

2 c. fresh basil
1/2 c. olive oil
1/2 c. grated Parmesan cheese
2 Tbsp. pine nuts
2 Tbsp. grated Romano cheese
2 cloves garlic, crushed
3 Tbsp. soft butter
1 lb. fettucine

Mix basil, oil, pine nuts and garlic; blend at high speed. When evenly blended, pour into bowl. Beat in grated cheese by hand. Then beat in butter. Cook pasta as directed. Before spooning over pasta, mix a tablespoon or two of pasta water into it. Serves six.

Greg Nuzzo-Mueller

BRUACH CHEESE AND TOMATO PIE
(The Hebrides)

short crust pastry for a single crust
1 oz. butter or margarine
1 medium onion
2 slices bacon, cooked and crumbled*
1 1/2 oz. oatmeal (not rolled oats)
1 small can tomato puree
salt and pepper to taste
1/4 tsp. dry mustard
pinch of sweet basil
4 oz. grated cheese
1 Tbsp. chopped parsley

Line medium pie dish with short crust pastry. Melt butter and saute onion. Stir in oatmeal. Gradually add tomato puree. Continue to cook and stir until mixture is creamy, approximately 6 minutes. Add seasoning and crumbled bacon (if used) and all but 1 ounce cheese.

Pour into prepared pie crust. Top with remaining cheese and bake in a 400° oven for 30 minutes. Serves 4-5.

*You can leave out the bacon for a good vegetarian meal.

Note: I have used soy grits instead of oatmeal and also bulgur wheat. I prefer oatmeal and it is easily obtained at most markets.

Maeve Blackman

ALL-PURPOSE QUICHE
(France)

2 deep dish pie shells (frozen)
1 lb. cheese (of choice)
1 lb. meat (of choice)
1 small onion
1 c. milk
1 lb. mushrooms
4 eggs
dash of cayenne pepper
dash of black pepper
1 (12 inch) diameter quiche dish
dash of nutmeg

Set pie shells aside to thaw. Grate cheese and set aside. Chop onion into small bits and set aside. Wash and slice mushrooms and set aside. Chop meat into tiny bits (Canadian bacon or Italian sausage is especially good). Brown in a frying pan and set aside.

In the leftover grease cook the sliced mushrooms and chopped onion and set aside. Around this time peel out the pie shells and mold them into the quiche dish to make a complete crust. In a bowl mix the eggs, milk and spices.

Preheat oven to 450°. Layer most of the grated cheese on the bottom of the crust-lined quiche dish. Next layer the meat and mushrooms and top with the rest of the cheese. Pour in evenly the milk-egg mixture. Cook at 450° for 10-15 minutes, then at 350° for 30 minutes. This is especially good when refrigerated and reheated. Serves 8.

Options include substituting seafood or Chinese vegetables for meat and throwing in some raw sunflower seeds.

Tim Prince, M.D.

SPINACH QUICHE
(France)

10 oz. fresh spinach, rinsed, trimmed and drained, or 1 pkg. frozen chopped spinach
2 Tbsp. butter

1/3 c. shallots or onions, chopped
1/2 c. heavy or whipping cream
1/2 c. milk
3 eggs, lightly beaten
1/2 tsp. salt
dash of pepper
1 c. shredded Swiss cheese (8 oz.)
1 (9 inch) pie shell

Drain fresh spinach, chop fine and cook for 5 minutes. (If using frozen spinach, cook according to package directions.) In a pan melt butter; add spinach and shallots (or onions) and saute until tender and very dry, 3-5 minutes. Set aside and cool. Add cream and the next four ingredients to spinach mixture. Stir until well mixed. Preheat oven to 425°. Sprinkle cheese on crust. Carefully pour in spinach filling. Bake for 30 mintues or until knife comes out clean. Serves 6.

Linda Gorham Ryan
J. Tully

SPANAKOPITA
(Spinach Pie; Greece)

2 lb. fresh spinach
1/2 c. water
4 Tbsp. butter
1 large white onion, chopped
6 eggs
12 oz. cottage cheese
1 lb. Feta cheese
salt and pepper to taste
1/2 lb. filo dough
1 c. butter

Remove stems and wash spinach. Pat dry. Cook fresh spinach in 1/2 cup water over low or medium flame. Cook spinach until limp, then pat until spinach is very dry.

Melt 4 tablespoons butter in saucepan. Saute onion in butter until soft. Add dry spinach and saute. Set aside. Beat eggs with cottage cheese. Break up Feta cheese until fine. Add to egg mixture. Add spinach mixture. Add salt and pepper to taste.

Defrost filo dough. Keep covered at all times to prevent drying. Melt 1 cup butter, and butter well the bottom of a 9 x 13-inch pan.

Take 1 sheet of filo and fit around pan. Butter the filo using a pastry brush. Repeat this until 1/2 the portion of filo is used. Add the spinach mixture. Then repeat with the filo-butter layers. The top layer should

be very well buttered. Put extra butter in the four corners of pan. Bake in a 350° oven for 30-40 minutes, until crust is brown. Cut in squares to serve. Serves eight.

Nancy Pamas

SPINACH MUSHROOM LASAGNA
(Italy)

2 (10 oz.) pkg. frozen chopped spinach
1 c. chopped onion
2 cloves garlic
12 oz. fresh mushrooms
1 stick butter
2 c. light cream
3 c. shredded Mozzarella cheese
1/4 c. flour
2 lb. Ricotta cheese
1 c. Parmesan cheese
1/3 c. chopped fresh parsley
3 eggs
1 lb. lasagna noodles, cooked

Cook spinach according to package directions; drain well. Set aside. In a large skillet, melt butter; add onion, garlic and mushrooms. Cook until tender. Sprinkle flour over all. Gradually add the cream, stirring well. Cook for 3-4 minutes until thickened. Add spinach to the creamed mixture. In a bowl combine the Ricotta and Parmesan cheeses, parsley and eggs; mix well.

Lightly grease a lasagna pan. Arrange one layer of noodles in the bottom of the pan. Top with a layer of the spinach-mushroom mixture, then a layer of the Ricotta mixture and then sprinkle with Mozzarella cheese. Repeat until all is used. (There should be 3-4 layers of each, depending on the size of the pan used.) Sprinkle a generous amount of Mozzarella cheese on top of the last layer. Bake in a 350° oven for 35-40 minutes. Remove from oven. Let stand 10-15 minutes before cutting. Serves 8.

Eileen M. Farrell

ORZO
(Middle East)

1 box orzo (pasta product)
1 envelope dry onion soup mix

2 Tbsp. oil
1 small can drained mushrooms
slivered almonds (if desired)

Cook orzo according to directions. Drain but do not rinse. Toss all ingredients together. Place in greased casserole dish. Cover tightly and bake for 20 minutes at 350°. Serves 6-8.

Wendy Potash

MOCK SURRUM
(Armenia)

12 oz. egg noodles (in band form)
3 onions
1/4 c. corn oil
several slices cheese (American or other)
salt
garlic
yogurt

Put the noodles into boiling, salted water and boil until tender. In the meantime, saute the onions in the corn oil. Drain the noodles and put half of them into a greased pan. Spread the sauteed onions evenly over it and cover all with slices of cheese. Add the rest of the noodles with a few butter flakes on top. Bake in a 350° oven for 20 minutes. Bring a dish of yogurt to room temperature and add a little garlic. Serve the noodles covered with yogurt. Serves 4-6.

Ilse Kaprielian

BAKED ZITI CASSEROLE
(Italy)

1 lb. ziti
4 qt. water
1 egg
1 tsp. salt
pinch of pepper
1 lb. Ricotta cheese
4 c. tomato sauce (tomato-meat sauce can be used if preferred)
3/4 lb. Mozzarella cheese

Boil ziti, uncovered, for 15 minutes or until tender, but not soft. Drain and run cold water on it. Beat one egg with salt and pepper; blend with Ricotta cheese. Mix with cooked ziti. Pour 1/2 cup sauce on bottom of baking pan. Then add mixed Ricotta cheese with ziti. Top with Mozzarella cheese. Then spoon on

layer of sauce. Bake in moderate oven (350°) for 20 minutes. Serve hot. Serves 4-6.

Gael Evangelista

CURRIED RICE
(Southern U.S.A.)

2 c. hot water
1/2 c. rice
1/2 c. tomatoes (canned)
3/4 tsp. salt
1/4 c. finely-sliced onion
1/4 c. finely-sliced green pepper
2 Tbsp. melted butter
3/4 tsp. curry powder

In casserole pour water over rice. Put where it will stay warm but not cook for 45 minutes. Add other ingredients. Bake in a 350° oven for 1 1/2 hours or until done. Stir occasionally. (Bake uncovered; all liquid will gradually be absorbed.) Serves 4.

Shermie Kettell

SABA RICE
(West Indies)

2 c. water
1/2 stick butter
salt to taste
1 c. Uncle Ben's rice

Bring 2 cups water to a boil in a clear saucepan. Add butter and salt as water is heating. Add rice to boiling water and reduce heat to simmer. Cover tightly and cook for 20-25 minutes. (I use a clear saucepan so I can see when it is ready.) This makes a non-sticky rice. Serves 4.

Martha Byington

RICE PILAU
(Armenia)

1 c. rice
1/2 vermicelli, broken into 1/2-inch pieces
2 Tbsp. butter
2 c. chicken broth
pinch of black pepper
pinch of allspice

Using heavy-bottomed pan, melt butter and brown the vermicelli. Add boiling broth and white rice. Stir, cover and allow to simmer 20 minutes or until broth has been absorbed. Add pepper and allspice. Stir and serve. Serves 6-8.

Virginia Tashjian

RICE PILAF
(Armenia)

1 c. long grain rice
1/2 c. vermicelli
1/8 lb. butter
2 c. chicken broth
salt to taste

Melt the butter in a shallow pan. Break up vermicelli into pieces and fry in the butter until slightly browned, stirring constantly. Wash and drain the rice well, then add it to the vermicelli and saute them together for a few minutes, always stirring. Then add the boiling broth and salt; cover and cook on low fire for 20 minutes. When water is all absorbed and rice is soft, turn off the heat. Let rest for 15-20 minutes before serving. Stir once more with a fork. Keep warm to serve hot. Serves 4.

Gary Kalajian

BEACON HILL STIR-FRY
(Boston)

1 c. vermicelli or 1 pkg. "Ramen Pride" noodles
1/4-1/2 c. fresh mushrooms
1/2 medium-sized onion
1/2 lb. tofu
1/4-1/2 c. fresh pea pods
1/4-1/2 c. broccoli
2-4 dashes Worcestershire sauce (optional for protein)
1/8 head lettuce (or 1 oz. fresh spinach)
1 medium-sized tomato
1 Tbsp. butter or margarine

In a large frypan or wok, melt 1 tablespoon butter or margarine. Begin to fry the mushrooms and onion, sliced moderately fine. On another burner bring 2 quarts of water to a boil, adding a pinch of salt. Add vermicelli or noodles when water boils rapidly. If this is to be a main dish, tofu will add the complete protein and should be diced up and fried at this time with the

mushrooms and onion. Two minutes before the noodles are ready, add the pea pods and broccoli to the fry. The onion should be starting to brown. When the noodles are ready, strain them nearly dry and add them to the fry. Stir the mix well. Add the Worcestershire sauce and the cut-up lettuce and tomato. Stir well, then serve! Serves 2. It can be doubled.

Jeff Penn

CALABACITAS
(New Mexico)

3-4 zucchini or yellow squash, sliced
1 large onion, chopped
3 Tbsp. oil
1/4 tsp. garlic salt or 2 cloves minced garlic
1 (4 oz.) can chopped green chilies
1 (16 oz.) can whole kernel corn
1 c. grated Cheddar cheese

Saute squash and onion in oil until barely tender. Add garlic salt or fresh garlic, chilies, corn and cheese; mix well. Put in buttered 1-quart casserole and bake at 400° for 20 minutes. Serves 6.

K. Bushnell

EASY CHEESE SOUFFLE
(U.S.A.)

12 slices white bread (Pepperidge Farm works best), buttered and cubed
1 lb. sharp Cheddar cheese, grated
7 eggs, well beaten
3 c. milk
1 tsp. Worcestershire sauce
1 tsp. salt
1 tsp. dry mustard

In buttered 2-quart Pyrex dish alternate layers of bread cubes and grated cheese, ending with a layer of cheese. Beat eggs with milk and seasonings. Pour over top of bread and cheese layers. With spatula pat the bread and cheese so that mixture is absorbed evenly. Let stand in refrigerator overnight. Bake, uncovered, at 300° for 1 1/4 hours or until golden. Serves 10.

Janet Saunders

PECAN CHEESE BALLS OR MEATLESS MEAT BALLS (U.S.A.)

6 eggs
2 c. saltine cracker crumbs
1 c. finely-ground pecans
1/2 c. chopped onion
2 cloves garlic, minced
1 Tbsp. wheat germ
1 c. shredded cheese
1 tsp. sage
2 Tbsp. oil (more if needed)
Tomato Sauce*

*Tomato Sauce:

1 (16 oz.) can tomato sauce
1 small can tomato paste
2 tomato paste cans of water
1/4 c. chopped green pepper
2 cloves garlic, minced
1 Tbsp. oregano
1 Tbsp. basil

Lightly beat eggs; mix in all other ingredients and mix well. Shape into balls approximately 1 1/2 inches in diameter. Heat oil and brown pecan balls on all sides. Place in a single layer in a shallow ovenproof dish and cover with Tomato Sauce. Bake at 350° in the oven for 20-30 minutes, until sauce is bubbling and hot. Serve with pasta or rice. Serves 6.

Tomato Sauce: Combine and simmer while browning Pecan Cheese Balls.

Maeve Blackman

EGGS RANCHEROS (Southwest U.S.A.)

Ranchero Sauce*
4 eggs
1/4 c. shredded Cheddar cheese

*Ranchero Sauce:

1 Tbsp. oil
1 c. minced onion
1 clove garlic, pressed or minced
2 Tbsp. minced celery (with leaves)
1 (8 oz.) can whole tomatoes
1 tsp. chili powder
2 Tbsp. diced green chilis or 1/4 c. chopped green pepper
1/2 tsp. oregano
1/4 tsp. salt

Heat oil in a large skillet. Add onion, garlic, green pepper and celery. Saute over medium-low heat until tender. If necessary, add a little water, cover and gently simmer vegetables until fully cooked. Stir in chili powder. Cook about 30 seconds. Drain juice from tomatoes into skillet. Chop drained tomatoes by hand or in blender. Add to mixture. Add diced green chilis. Stir in oregano and salt. Simmer 5 minutes, uncovered. Spread sauce on bottom of covered skillet. Break an egg and space them in each 1/4 of skillet. Cover and cook until egg whites are set but yolks are not coated over. Sprinkle with shredded cheese. Replace lid until cheese has melted. Serves 2.

Elaine Favello

EGGPLANT PARMIGIANA
(Naples, Italy)

2 eggplants
1/2 c. flour
1-2 eggs (as needed), slightly beaten
1/2 tsp. salt
1/2 tsp. pepper
1 c. olive or vegetable oil
tomato sauce
2 oz. grated Parmesan cheese
16 oz. Mozzarella cheese, sliced thin

Pare eggplants; cut into medium slices. Sprinkle each slice with salt and cover with weight to draw out juice, and let stand 1 hour. Wash eggplants thoroughly, squeezing out all water. Flour eggplant slices and dip into beaten eggs seasoned with salt and pepper. Fry in oil until slices are brown on both sides. Drain on paper. Place a layer of slices in casserole, cover with sauce, and sprinkle with grated cheese and Mozzarella cheese. Repeat procedure until all eggplant slices are used, ending with Mozzarella cheese. Bake in pre-heated 400° oven for 15 minutes and serve hot. Serves 4-6.

Concetta A. DeRosa

BABA GHANOUJ
(Eggplant with Tahini Sauce; Arab Countries)

1 medium-sized eggplant
3 Tbsp. tahini
2 cloves garlic, mashed
juice of 2 lemons
salt to taste
2 Tbsp. water

2 Tbsp. chopped parsley
1 medium onion, cut in wedges (optional)

Broil the eggplant with skin on, turning it frequently until soft. Remove skin while still warm under cold water and mash the pulp. Combine tahini, garlic, lemon juice, salt and water; mix thoroughly. Add to eggplant, blending well. Garnish with parsley and onion wedges. Serve with small wedges of Arabic bread. Serves 4-6.

Note: Eggplant may be baked in a 400° oven until soft.

Emily Hajar

CURRIED LENTILS
(India)

3 c. boiling water
1 large onion, chopped
1 carrot, chopped
2 celery stalks, chopped
1 apple, chopped
2 garlic cloves, mashed
dash of anise seed
1/2 tsp. salt (or less)
1 c. rinsed dry lentils (uncooked)
1 tsp. curry powder (or to taste)

Combine all ingredients and bring to a boil. Reduce heat and cook until done, about 1 hour. The beauty of this dish is that you may add other vegetables such as turnips, broccoli, cauliflower, squash, etc. Serve over generous portions of rice. Serves 4-6.

Cari Nierenberg

MUJADDARAH - LENTIL DISH
(Lebanon)

2 c. lentils
1 c. chopped onion
1/4 c. olive oil
1/3 c. rice
1 Tbsp. salt

Pick over and wash lentils. Boil lentils in water to cover until tender. Fry onion in olive oil until brown. Add rice and salt to lentils and cook an additional 20 minutes. (You may have to add water.) Add cooked, chopped onion and stew gently for about 10 minutes, stirring often. Serve hot, tepid or cold. Syrian bread and pickles are good accompaniments. Serves 8-10.

Emily Hajar

NUT LOAF
(U.S.A.)

4 c. New York sharp Cheddar cheese, coarsely grated (1 lb.)
4 eggs
1 c. cooked rice
1/4 c. mushrooms, chopped
1/4 c. rolled oats
1 1/2 c. chopped walnuts
1 medium onion, chopped
1 tsp. salt
1/8 tsp. pepper

Combine all ingredients. Transfer to loaf pan and bake 1 hour at 350°. Allow to set for 5-10 minutes before serving as you would meat loaf. Leftovers make great cold sandwiches. Serves 4-6.

Carey C. Gross

SPINZONE
(Spinach Calzone; Italy)

frozen bread dough for 1 loaf bread
1 lb. Ricotta cheese
1 egg
4-6 oz. shredded Mozzarella cheese
10-12 oz. fresh spinach
dash of pepper and garlic salt
sesame seeds

Allow dough to rise as per package directions. Mix Ricotta cheese, egg, Mozzarella cheese, spinach (cooked and well drained), pepper and garlic salt together well. Roll out dough. Using 1/2 of dough, spread mix lengthwise evenly. Take remaining half of dough and place on top to cover mixture. Pinch all around edges to secure; it should resemble a loaf of bread.

Make small slashes on top for easy cutting afterward. Sprinkle with water on top and sides of loaf, then sprinkle on sesame seeds. Water helps hold them in place. Put in a 400° oven for 30 minutes or until top browns. This can also be frozen for convenience. Serves 2-4.

Robert Gavazzi

SQUASH SOUFFLE
(New England)

1 pkg. frozen squash or
1 lb. fresh butternut squash, cleaned, cut into cubes and cooked
3 eggs
1/2 c. sugar
1/4 c. flour
salt
cinnamon
nutmeg
2 c. milk
4 Tbsp. butter

Defrost the squash or cook it until it is soft and then mash it. Beat the eggs well and add to the squash. Then mix in the sugar, flour and a pinch of salt. Add cinnamon and nutmeg to taste. Add the milk and stir well. Melt the butter in the preheating oven in a 1 1/2-quart casserole dish.

When the butter is melted, pour in the squash mixture and bake in a 350° oven for 1 hour or until the souffle is firm. This souffle can be made early and then reheated. Serves 4-6.

Marilyn Tarmy

WELSH RAREBIT
(Wales)

Basic Mix:

8 oz. Cheddar cheese, grated
1/2 c. beer
dash of Worcestershire sauce
salt and pepper to taste
1 Tbsp. butter
toast

Optional Ingredients:

chopped onion
garlic salt
mushrooms
ketchup
chopped herbs
mustard
tomato puree

Mix cheese with the beer, Worcestershire sauce, salt, pepper and butter. Cook over low heat until all ingredients are melted and well blended. Add any optional ingredients to the cheese mixture and stir well. Pour over toast and grill under high heat. Serves 4.

Elaine O'Neil

i

f

A close-up view of the wharf site. Its location indicates the high tide line of the Charles River before the landfill. During construction of the White Building, a cement wall was built around the wharf site which can still be seen from the doctor's dining room in the angle between the east and south wings of the White Building.

Meats, Poultry & Seafood

SAUSAGE WRAPS
(Italy)

12 sweet Italian sausages
1 box lasagna noodles
1 large jar of your favorite spaghetti sauce
1 (8 oz.) pkg. Provolone cheese
1 (8 oz.) pkg. Mozzarella cheese
spice (as desired)

Brown sausages in frying pan. After browning (browning should only take about 2-3 minutes), add about 1 inch of water to the pan and cover. Sausages should simmer 45-60 minutes, until brown throughout (keep water level at 1 inch). After sausages have been cooking 35 minutes you should start cooking the noodles. Noodles should be cooked for about 12-15 minutes, until soft and done like spaghetti.

Heat spaghetti sauce in a pan. After noodles and sausages are done, wrap each sausage in a noodle. Place in a large 9 x 14-inch baking pan, cover with sauce and cheeses. (You might want to premix the cheeses.) Cook in a 375° oven until cheese has golden brown bubbles on top. Serves 8-12.

Note: A nice complement to this meal is a tossed salad and warmed garlic bread. Use 1/2 stick melted butter, 1/4 teaspoon garlic powder and a pinch of paprika. Spread on Italian or French bread with a pastry brush; heat bread when you put Sausage Wraps in the oven.

Nancy Nickerson

GLAZED RED CORNED BEEF
(Jewish)

6-8 lb. corned beef (or more)
2 onions
2 cloves garlic
2 bay leaves
2 tsp. whole cloves
3 stalks celery
2 whole carrots
1/2 c. white or brown sugar

Glaze (Double or triple if needed):

1/2 tsp. cloves
1 c. dark brown sugar
1 tsp. vinegar
1/2 tsp. dry mustard

1 heaping tsp. flour
ginger ale or pineapple juice
pineapple slices (optional)

Place meat in a large pot, cover with cold water and bring to a boil. Reduce heat; add all the remaining ingredients, except glaze: simmer until the beef is fork tender, about 4 hours. When meat is done, place in a baking dish and score meat.

Prepare glaze ingredients to make a smooth paste. Spread over scored meat and bake at 350° for 30-45 minutes. Slices of pineapple can be arranged over top of meat while baking. Baste often as needed with extra liquid. Serves many.

Spurgeon M. Chase

BEEF BRISKET
(Texas)

1 (5-7 lb.) beef brisket
garlic salt
onion salt
celery salt
liquid smoke (or Wish-Bone Italian dressing)
Worcestershire sauce
salt
pepper
barbecue sauce

Sprinkle brisket with garlic salt, onion salt and celery salt. Pour 1/2 to 1 bottle of liquid smoke (or Italian dressing) over meat in a large dish. Cover with foil and marinate in refrigerator 12-30 hours, turning meat once halfway through. Pour off some juice before cooking.

Rub meat with Worcestershire sauce, salt and pepper; wrap in foil. Cook for 6 hours at 250°. Cut slits in meat and pour 1 bottle barbecue sauce all over meat. Cook, covered, for 1 more hour. (Or cook on lowest heat on gas grill, turning frequently. Cook for the first 4 hours with fat side up.) Let meat set for 1 hour and serve with hot barbecue sauce. Serves 8 or more.

Patti Rager

CORN YOUR OWN BEEF
(New England)

1 (5-6 lb.) pot roast of beef
1/2 c. Morton canning salt
vegetables of your choice

Place the pot roast (or piece of beef of your choice) into a stainless steel or enamel pot. Add canning salt and cover with cold water. Set in refrigerator for 2-3 days, turning meat once a day.

When ready to cook, rinse the beef (water will be bloody). Place in a crock-pot, cover with fresh cold water and cook until done. (This can also be cooked on top of the stove.)

Remove meat; add vegetables to water meat was cooked in and cook until tender. Now you have a corned beef dinner. Serves 6-8.

Jane McDermott

RUMP ROAST
(U.S.A.)

rump roast
1 tsp. white pepper
4 Tbsp. kosher salt
2 tsp. oregano
1 tsp. garlic powder
1 tsp. (per lb. of meat) Accent

Mix all ingredients together. Rub mixture over entire roast. Roast in open pan at 275° until done. Serves 6.

Janet Saunders

EYE OF THE ROUND
(U.S.A.)

1 (3-4 lb.) eye of the round roast
2 cloves garlic, halved

Seasoned Butter:

1/4 lb. butter, melted
2 tsp. seasoned salt
1 tsp. fines herbes
1/4 tsp. cracked pepper
4 drops Tabasco sauce

Cut four slashes in the meat about 1/2 inch deep. Insert garlic in each slash. Let meat stand for 1 1/2 hours at room temperature. Remove garlic. Place meat in a preheated 500° oven for exactly 5 minutes per pound. Do not open oven door. Turn off heat and leave meat in oven for 2 hours. Carve diagonally against the grain of the roast. Dip slices in the Seasoned

Butter. Arrange on a heated platter and pour rest of Seasoned Butter over roast slices. Serves 6-8.

Marie LeSieur
Priscilla Burns

BEEF ROLL-UPS
(Zrozy; Poland)

2 lb. round steak
salt and pepper
1 c. bread crumbs
1 egg, beaten
1 grated onion
8 Tbsp. butter
flour
2 c. water or beef broth
1 Tbsp. chopped parsley

Cut steak in thin pieces, 4 x 3 inches. Pound it and sprinkle each with salt and pepper. Combine bread crumbs, egg, onion, 4 tablespoons melted butter, salt and pepper. Spread the dressing on each piece of meat, roll up and fasten with skewer or string. Roll it in flour and brown in remaining butter. Add 2 cups water or beef broth, 1 cup at a time. Remove skewer or string. Pour gravy over meat on platter garnished with parsley and serve with mashed potatoes and a vegetable. Serves 6.

Laurie O'Leary

ROULADEN
(Germany)

8 slices top round steak, cut very thin
hot deli or German mustard
2-3 carrots, chopped
1 onion, diced
1 green pepper, diced
8 strips bacon, diced
1 dill pickle, diced
salt and pepper
shortening
2 (8 oz.) cans tomato sauce
1 bay leaf

Tenderize steak and pound thin. Spread with hot mustard on one side of each steak. Mix chopped carrots, diced onion, diced green pepper, diced bacon and diced dill pickle. Spread all over the mustard side of each steak. Sprinkle with salt and pepper (optional).

Roll up as jellyrolls and tie with string or close with toothpicks. Bring to piping hot enough shortening to cover bottom of a large skillet. Brown rolls and add

tomato sauce and bay leaf; simmer slowly for 45 minutes. Remove Rouladen and cut off string or remove tooth-picks. Slice and serve with the sauce. This freezes well. Serves 8.

John Lutz

BEEF BRACIOLETTINI
(Italy)

5-6 lb. round steak (have butcher cut it in 1/8-inch slices)
1 1/3 c. fine bread crumbs
1/3 c. chopped parsley
1/2 c. grated Parmesan cheese
1/2 tsp. garlic powder
1/2 tsp. coarsely-ground pepper
3 pkg. Durkee brown gravy mix
2 1/2 c. water
1/2 c. white wine

Spread sliced steak on clean surface. Sprinkle with next five ingredients which have been mixed together. Roll up individual braciolettini. Place end down on rack. Broil until top is brown. Using a pair of tongs, pick up one at a time and place in crock-pot, alternating direction of each layer.

Combine gravy mix with water and wine; pour over meat. Cover and simmer on low for 4-5 hours. Makes approximately 50.

Note: These can be put in a tomato sauce like you would use on spaghetti, but is less messy for a party with brown gravy. This is a favorite among my family and friends at buffet dinner parties.

Rose Elliott

POT ROAST
(U.S.A.)

1 (3 lb.) boneless pot roast
4 thin slices salt pork, cut into small pieces
12 small white onions
1/8 c. brandy
1 bunch carrots, cut in halves
1 lump sugar
pinch of thyme
1 bay leaf
3 sprigs of parsley
1 tsp. salt
1/2 tsp. pepper
1 c. beef consomme
1 c. dry white wine
2 Tbsp. butter

Cook meat in a large heavy saucepan over brisk flame until lightly browned. Add salt pork and a couple of onions. Cook them until well browned. Add brandy and ignite (stand back). Add a couple of carrots, sugar, thyme, bay leaf, parsley, salt and pepper, consomme and wine. Bring to a boil, cover tightly and simmer for 3 hours.

Put in remaining onions and carrots and simmer for an additional 2 hours. When ready to serve, remove meat and cut it against the grain into thin slices. Arrange slices on a heated serving platter. Garnish with the carrots and onions. Skim fat from gravy. Pour a few spoonfuls of gravy on slices of meat. Strain remaining gravy and serve separately with boiled potatoes. Serves 10.

Paul Greenwood

OLD-FASHIONED POT ROAST
(Russia)

1 (6-7 lb.) boneless chuck roast
6-7 carrots
4 sticks celery (with leaves)
4-5 onions
1 bay leaf
1 large can whole tomatoes
1 large can tomato sauce
salt and pepper

Place roast in large roasting pan. Add cut carrots (about 4-inch size), celery, whole onions, bay leaf, tomatoes, tomato sauce and seasonings. Cook, covered, at 350° for 3 1/2-4 1/2 hours, until tender. Take out meat and set aside. Skim all fat from juice. Slice meat and return to pot. Serve over bed of rice or noodles. This freezes well. Serves 5-6.

Mrs. Jan V. Montero

POT ROAST OR BEEF STEW
(New England)

2 lb. lean beef, cut into bite-sized pieces (or a pot roast)
1 (12 oz.) can V-8 juice
1 Tbsp. Minute tapioca
1 Tbsp. Worcestershire sauce
1 can mushrooms
1 medium onion, sliced
potatoes
carrots
string beans
salt and pepper to taste

Do not brown meat. Put all ingredients into crock-pot and cook on low all day. (It can also be cooked in a casserole in the oven at 250° for 5 hours.) For the crock-pot it is best to use canned potatoes and carrots and frozen string beans. Serves 4.

Jane McDermott

BEEF IN GUINNESS STOUT
(Ireland)

2 1/2 lb. boned stewing beef
3 Tbsp. vegetable oil
3 bay leaves
3 cloves garlic, minced
2 large onions, sliced
2 Tbsp. flour
1 1/2 c. Guinness stout
1 1/2 c. beef broth
salt and pepper
1/4 c. fresh parsley, chopped
1/2 lb. carrots

Trim fat off stewing beef and cut into serving-sized chunks, about 1 1/2 to 2-inch cubes. Heat oil in a flameproof casserole and add bay leaves and garlic. Brown beef cubes on all sides. Add the onions and cook until transparent. Sprinkle flour over the beef and onions and let it brown. Add the Guinness and the beef broth. Season with salt and pepper. Add the parsley and carrots, cut in small chunks. Bring to a simmer on top of the stove. Cover the casserole and set in the lower third of the oven preheated to 325°. Cook for about 2 1/2 hours. The meat should be fork tender.

If the sauce is too thin boil it down rapidly over medium-high heat on top of the stove for a couple of minutes. If the sauce is too thick, add a small amount of beef broth. Serve with potatoes, rice or noodles. Serves 4.

Eileen M. Farrell

SAUERBRATEN
(Germany)

3-5 lb. chuck, rump or round of beef
vinegar
water
5 bay leaves
12 whole cloves
1 onion, peeled
1 tsp. whole black peppers
8-10 gingersnaps

Cover meat with equal parts of vinegar and water. Add bay leaves, whole cloves, peppers and onion. Let the meat stand in the liquid for 2-3 days, turning each day so it will pickle evenly. Remove meat from liquid and place in pot. Add strained pickling liquid. Cover with tight-fitting lid and cook slowly for about 2 hours or until meat is tender. Make gravy from drippings by adding gingersnaps. Serve with noodles and red cabbage for a nice meal. Serves 4-6.

Anne Delaney

SCOTCH BEEF HRAMSA
(Scotland)

1 lb. fillet beef
2 Tbsp. Hramsa cheese*
2 oz. calves' liver
6 streaky rashers bacon
2 oz. drippings, melted
1 onion, finely chopped
2 oz. sliced mushrooms
1 tsp. paprika
1/4 pt. sour cream
1 Tbsp. chopped parsley

Cut the fillet in half lengthwise and spread with Hramsa cheese. Slice the liver and place inside the fillet. Fold over and secure with string. Wrap the bacon around the fillet.

Heat the drippings in a roasting tin and then place the fillet in the tin. Roast at 400° for 30 minutes. Remove the bacon and string. Place fillet on dish and keep warm.

Fry the onion and mushrooms in juices in roasting tin. Lift into clean pan. Add paprika and sour cream. Bring to a boil and simmer a few minutes. Pour over fillet, sprinkle with parsley and serve with new potatoes and green salad. Serves 4.

*This may be found in gourmet shop or you may substitute Mozzarella cheese.

Jean M. Piazza

BEEF STROGANOFF
(Russia)

3 medium onions, sliced
1 lb. sirloin tips, cut into small strips
butter
1/3 lb. mushrooms, sliced
salt and pepper
ground dry mustard
1/4 c. dry white wine
1 can beef bouillon
flour
sour cream
egg noodles

Saute onions and then sirloin tips in butter. Drain onions and meat and add sliced mushrooms. Make gravy with salt, pepper, dry mustard and cooking juices. Add wine and bouillon. Thicken with flour and boil. Pour over meat. Reheat for 20 minutes. Add sour cream to taste. Serve over noodles. Serves 4.

Maryanne Spicer

BEER MARINATED STROGANOFF
(Czechoslovakia)

2 lb. beef strips, fat removed
6 whole cloves
1 (12 oz.) can regular beer
juice of 1 1/2 lemons
1 medium clove garlic, minced
2 Tbsp. olive oil
red pepper
1 c. sliced mushrooms
1 Tbsp. tomato paste
salt and pepper
1 well-rounded Tbsp. flour
2 oz. hot water
4 oz. sour cream

Marinate beef with cloves, beer, lemon juice, garlic and olive oil for at least 6 hours at room temperature, stirring occasionally. Discard cloves and drain meat, reserving marinade. Brown meat at high temperature; add marinade, 1-2 pinches red pepper, mushrooms, tomato paste, salt and pepper to taste. Simmer for about 1 hour. Add flour to 2 ounces hot water and stir into mixture to desired thickness. Five minutes before serving, stir in sour cream. Serve with noodles. Serves 6-8.

Glenn M. LaMuraglia, M.D.

BUL-GO-GI
(Korean Barbecue)

1 1/3 lb. roast beef
2 Tbsp. sugar
2 cloves garlic, minced
1 Tbsp. crushed, toasted sesame seeds
4 Tbsp. soy sauce
dash of pepper
2 green onions, minced
2 Tbsp. sesame oil
1/3 c. water or pear juice

Cut meat into very thin slices. Mix meat slices with sugar. Combine beef and remaining ingredients. Cover and chill in refrigerator 4-5 hours. Charcoal broil or pan broil. Meat should be brown but not

crusty. Serve on bulky rolls or plain with rice and Oriental vegetables. Serves 4-5.

Bernadette Reilly-Smorawski

FAVORITE MEAT LOAF WITH PIQUANTE SAUCE (U.S.A.)

3/4 c. herb seasoned stuffing
1 c. milk
2 extra large eggs, beaten
1/3 c. chopped onion
1 tsp. salt
1/2 tsp. sage
1/4 tsp. freshly-ground black pepper
1 1/2-2 lb. lean ground beef

Combine all ingredients, except beef, in large bowl. Let stand for 5-10 minutes. Add beef and mix well. Lightly butter a 2-quart round casserole dish and pat meat mixture into it. Make a round swirl in the top about 1 inch deep. Pour on Piquante Sauce and bake 1 hour in a 350° oven.

Piquante Sauce:

1/3 c. plus 2 tsp. brown sugar
1/2 c. catsup
1/2 tsp. nutmeg
2 tsp. dry mustard

Makes 8 generous servings.

Mrs. Ann New

SWEDISH MEAT BALLS (Sweden)

1 lb. extra lean ground beef
1 c. fresh white bread crumbs
1 medium onion, chopped
1/2 tsp. salt
1/4 tsp. ground allspice
1/8 tsp. ground nutmeg
1 egg
1/4 c. milk

Mix ground beef, bread crumbs, salt, allspice, nutmeg, egg and milk together. Saute onion and when cool, add to meat mixture. Roll mixture into 1-inch meat balls. Bake in a greased pan at 325° for 20 minutes or until done. Makes 5 main dish servings.

Suzanne C. Brown

GROUND MEAT KEBOB
(Armenia)

2 lb. ground lamb or beef
1 medium onion, chopped
1/3 c. tomato paste
1/4 tsp. allspice
1/4 tsp. black pepper
1 1/2 tsp. salt
2 green peppers, cut up
1 medium eggplant, cubed
1 medium onion, cubed
6 tomatoes, quartered

Mix ground beef, onion, tomato paste and seasonings. Allow to set in refrigerator 2 hours or more. Shape meat into small balls or patties and place on skewers. Broil meat in oven or over charcoal. The vegetables may also be broiled, or cooked all together on stove top. Mix and serve with pilaf and Syrian bread and green salad. Serves 6.

Virginia Tashjian

OVEN-BARBECUED RIBS
(U.S.A.)

2-3 lb. country or farm-style ribs
2-3 onions, sliced in rings
oil
salt and pepper
2 Tbsp. vinegar
2 Tbsp. brown sugar
1 tsp. mustard
2 (8 oz.) cans tomato sauce

Arrange ribs in a 2-quart baking dish. Brush lightly with oil, top with sliced onions and sprinkle with salt and pepper. Bake at 400° for 45 minutes, turning once. Pour off fat. Reduce heat to 350°.

Combine vinegar, brown sugar and mustard. Spread over meat. Pour tomato sauce over the meat. Bake, covered, at 350° for 1 1/2-2 hours. Baste occasionally with sauce. Serve with boiled or steamed rice. Serves 6.

Frances M. Dyer

SAUSAGE IN POLISH SAUCE
(Poland)

1 Polish sausage ring (about 1 1/2 lb.)
2 onions, sliced
2 c. water
2 c. beer
1 Tbsp. butter

1 Tbsp. flour
1/2 tsp. Maggi extract
2 Tbsp. vinegar
1 tsp.-1 Tbsp. sugar (according to taste)

Simmer sausage and onions in combined water and beer for 20 minutes. Brown the butter and blend in flour, then slowly add 1 cup liquid, strained from the meat. Stir until thoroughly blended. If the sauce is too thick, add more liquid. Add Maggi extract, vinegar and sugar to taste (brown sugar may be substituted). Slice the sausage, pour the sauce over it, and serve with boiled potatoes. Serves 4.

Jean Nardini

FRIED SAUSAGE
(Kielbasa Smazona; Poland)

1 Polish sausage ring (about 1 1/2 lb.)
1-2 Tbsp. butter or bacon fat
1 onion, minced

Perforate the sausage casing with a pin to prevent its bursting in cooking. Half cover with water, bring to a boil and simmer, covered, for 20 minutes. Drain; allow to cool slightly. Fry slowly in butter or bacon fat until lightly browned on both sides. Add onion and continue frying until onion browns lightly. Slice the meat and serve with cooked cabbage or potatoes, using butter and onion as garnish. Serves 4.

Jean Nardini

RUM ROASTED PORK LOIN
(U.S.A.)

1 garlic clove, crushed
1/4 tsp. ground pepper
1/8 tsp. cinnamon
1 (4 lb.) pork loin
2 Tbsp. soy sauce
1 Tbsp. vinegar
1/3 c. dark rum
1 Tbsp. honey

Blend garlic, pepper and cinnamon. Slash pork and rub with this mixture. At least 1 hour before cooking (or it can be done the night before), brush pork roast with a mixture of soy sauce, vinegar and 1/4 cup rum, turning occasionally. Preheat oven to

350°. Basting with the marinade mixture, roast pork for 2 hours or until the meat thermometer reads 170°. Combine honey and remaining rum; brush over roast. Cook 20-25 minutes longer or until pork is glazed. Serves 6.

Paula Halpin

BAKED PORK CHOPS
(U.S.A.)

2 double thick (about 1 1/2 inches) center cut pork chops
2 medium onions, cut in rings
salt and pepper to taste
1/2 c. uncooked rice
1 (about 1 lb. size) can tomatoes, broken into pieces

Place pork chops in bottom of a casserole and top with the sliced onion rings. Sprinkle with salt and pepper. Cover and bake at 325° for 2 hours. Sprinkle rice over the pork chops and pour the tomatoes (including the juice from the can) over the top. Cover and return to the oven for another hour, checking after 30-45 minutes to be certain the rice is tender and not drying out. If the rice is absorbing the liquid too quickly, add a small amount of hot water to the casserole and continue baking, watching carefully, until the rice is tender.

However, if the rice is tender and there is too much liquid remaining in the casserole, remove the cover and return to the oven and bake a little longer until the liquid has been absorbed. Meat should be fork tender and just about falling off the bones. Serves 2.

Variation: This is also good with chicken pieces (breasts, thighs, legs). Chicken should only cook 1 hour before adding rice and tomatoes.

Frances M. Dyer

EASY MEAL
(Germany)

4-6 pork chops
1 large can sauerkraut
a couple of apples
1-2 c. apple juice
3 Tbsp. brown sugar

Brown pork chops in frying pan; drain sauerkraut and cut up apples while chops brown. Put chops in a baking dish (Pyrex works well). Place apples on chops; layer sauerkraut on top. Pour on apple juice so it comes almost to top of layer of chops; sprinkle brown sugar on top. Cover with foil. (Poke holes in foil for steam to escape.) Cook in preheated 350° oven for 45-60 minutes. Serves 4-6.

Jack Hilton

PORK CHOPS DELICIOUS
(Jamaica)

4-6 pork chops (tenderloin)
3 medium onions, sliced
1 c. mushrooms
1 tsp. pepper
4 Tbsp. Worcestershire sauce (to taste)
3 Tbsp. water
1/2 c. diced celery
1/2 tsp. salt
3 tsp. catsup

Brown pork chops on both sides. Place in covered frying pan or tightly-covered roaster. Saute remaining ingredients and pour on top of chops. Place on top of stove; simmer for 45 minutes to 1 hour. Serves 4-6.

Ivett Foster

CARNE VINHO D'ALHOES
(Portuguese Marinated Pork and Garlic; Azores Island)

5 lb. pork butt
3 c. cider vinegar
1/4 tsp. crushed red pepper
5 garlic cloves, crushed
1/2 c. water
1 loaf Portuguese or Vienna-style bread

Cut pork butt into large cubes, about 1 1/2 inches. Marinate in mixture of vinegar, red pepper, garlic and water overnight. Next day, boil ingredients in the marinade for 10 minutes on a medium flame. Drain marinade and saute pork in heavy skillet over low flame. Reserve marinade. When meat is half done, slice a Portuguese or Vienna-style bread in thick slices and dip slices in the seasoned marinade.

Place slices on a greased cookie sheet. (Pork grease from saute may be used.) While pork is

browning completely, place marinated bread under broiler. Watch it constantly so it doesn't burn. Serve the pork and bread with homemade baked beans. This is a truly delicious and popular Portuguese dish! Serves 6.

Hilda Sequeira

PORTUGUESE PORK CHOPS
(Portugal)

3 Tbsp. oil
6 pork chops (1 inch thick)
1 large onion, cut in thin strips
2 cloves garlic, minced
1 bay leaf
3 medium tomatoes, peeled, seeded and chopped
1/2 c. sliced pimiento-stuffed olives
1/2 c. dry white wine
salt and pepper
1/4 c. water
1 Tbsp. flour and 2 Tbsp. water

Add oil to skillet and heat for 1-2 minute(s). Add pork chops and brown on both sides. Remove chops and set aside. Add onion and garlic to pan and saute until onion is soft and lightly browned. Drain off any excess fat. Return chops to the skillet and add bay leaf, tomatoes, olives, wine, salt, pepper and 1/4 cup water. Cover and cook for 45 minutes or until meat is tender.

Place chops on a serving dish. Blend flour and 2 tablespoons water; stir into cooking liquid. Cook and stir until sauce thickens, 1-2 minute(s). Pour sauce over chops. Serve with a green vegetable and rice. Serves 6.

Barbara Carter
Judy Lenz

SWISS PORK FILET
(Switzerland)

1 1/2 lb. pork filets, cut in strips
3 Tbsp. oil
2 Tbsp. French's mustard
1 garlic clove, crushed
pinch of pepper
2 Tbsp. lemon juice
lemon peel
pinch of salt
cornstarch
4 Tbsp. cream

Cut pork filets into strips, 2 x 1/2 inch. Mix oil and mustard together and add garlic, pepper and lemon juice. Marinate strips for 1-8 hour(s). Make a small hole in meat with knife point and insert small chunks of lemon peel (5 per chunk). Bake meat at 350° for 30 minutes. Remove meat and thicken pan juices with a little cornstarch; add cream at the last minute. Serve strips on mashed potatoes with a tossed salad. (This is great to prepare ahead and cook in the last hour!) Serves 4.

Dr. and Mrs. Graham Gumley

CHAR SIU
(Chinese Red Pork; China)

2 1/2 lb. boneless pork
1/2 tsp. five-season powder*
1/4 tsp. m.s.g.
1 garlic clove, chopped
1 1/2 Tbsp. white dry wine
1 1/2 Tbsp. honey or sugar
3 1/2 Tbsp. soy sauce (Chinese)
1 tsp. red food coloring (optional)
water
hot mustard*
duck sauce*

The pork is from the butt or loin. Cut into 5-inch strips (like a small banana). Marinate for 2 hours in the next seven ingredients. Turn over once to even up flavor. Put 1 1/2 cups water in roasting pan with rack. Roast in oven at 300° for for about 2 hours. Meat should be cooked when meat thermometer reads 175°. Brush 2-3 times with marinade while roasting. Serve immediately with hot mustard and duck sauce. Serves 4-6.

*Available at Chinese markets.

C. C. Wang, M.D.

SWEET AND SOUR PORK
(China)

1 tsp. white wine
1 Tbsp. soy sauce
2 eggs
1 Tbsp. cornstarch
2 Tbsp. flour
1 clove garlic
1 lb. pork (or 1 pork cutlet per person)
peanut oil
2-3 large green peppers
1/2 c. chicken soup
4 slices or 1 can pineapple chunks

Sauce:

2 Tbsp. soy sauce
1/2 c. sugar
2 Tbsp. vinegar
1/2 c. chicken soup

Mix wine, soy sauce, eggs, cornstarch, flour and garlic. Dip cubed pork into this mixture until well coated. Deep fat fry in peanut oil until brown. Drain on paper towel. Cut peppers into bite-sized pieces and saute in 3 tablespoons oil. Add 1/2 cup chicken soup and pineapple to peppers; cook and add pork. Pour sauce over pork and pepper mixture at once and serve with rice. Serves 4-6.

Cynthia Beal Hurley

HAM WITH CRANBERRY SAUCE
(Southern U.S.A.)

1 can whole berry cranberry sauce
1/2 c. brown sugar
1/2 c. red wine or Burgundy
1 Tbsp. yellow mustard
cloves
1 ham (fully cooked)

Heat cranberry sauce and stir in next three ingredients. Score top of ham and insert cloves. Pour enough cranberry sauce over ham to coat top and reserve the rest. Bake according to directions with ham. Add a bit of reserved sauce for last 30 minutes of baking. Serve remainder of sauce warmed. Number of servings depends on size of ham.

Priscilla Burns

SCHNITZ UND KNEPP
(Pennsylvania Dutch)

1 (3 lb.) ham
1 1/2 c. dried apples (schnitz)
2 Tbsp. brown sugar
1 diced potato

Dumplings (Knepp):

1 egg, beaten
3/4 c. milk
4 tsp. baking powder
2 c. flour

To dry apples, pare and cut apples into 8 pieces. Place on broiler pan and bake 5-6 hours at 120°-150°. Turn, and continue baking for a total of 24 hours. Let stand for a few hours before storing in jars or plastic bags.

Cook ham about 3 hours. One and one-half to two hours before done, add schnitz, brown sugar and potato.

Dumplings: Mix egg, milk, baking powder and flour; let mixture stand 10 minutes. Make sure there are several cups of juice around the ham before putting dumpling mixture in pot. Use large pot with tight lid. Dip spoon into cold water and then in dumpling mixture and drop by spoonfuls into ham liquid. Cook for 15 minutes. Do not lift lid until cooked. Serves 6.

Note: Dried schnitz can be stored indefinitely.

Anne Sheetz

FRAYDA'S CROWN ROAST OF LAMB (U.S.A.)

16 chop roast of lamb (reserve trimmings for the stock)
3 cloves garlic, minced
1/2 tsp. dried thyme
1/2 tsp. dried rosemary
1 tsp. salt
pepper
2 Tbsp. arrowroot
1/4 c. heavy cream
2 Tbsp. tawny Port
2 1/2 c. brown stock

Rub the lamb well with the garlic, thyme, rosemary, salt and pepper. Fit a ball of foil snugly into the center of the crown to maintain the shape of the crown while roasting and cover the bone ends with foil. Put the lamb in an oiled pan just large enough to hold it; roast in a preheated 425° oven for 20 minutes. Reduce the heat to 350° and roast the lamb for 20 more minutes (roast will be rare). Let the lamb stand, covered loosely, for 15 minutes.

In a small bowl stir together the arrowroot, heavy cream and Port until the mixture is smooth. In a saucepan bring the stock to a boil over moderately high heat; stir in the arrowroot mixture and add it in a stream, whisking until the sauce is thickened slightly. Add salt and pepper and transfer sauce to a gravy boat.

Remove foil from the lamb, arrange the crown on

a platter and garnish with paper frills and watercress. Serve lamb with timbales and carrots. Serves 6.

Connie Martino

AFGHAN SHISH KEBOB
(Afghanistan)

1 c. plain yogurt
1 1/2 tsp. salt
1/2 tsp. red pepper
3 cloves garlic, ground or chopped fine
1-2 lb. boneless lamb, cut into 1/2-inch sq. pieces

Mix first four ingredients. Add meat to mixture and marinate overnight. Thread meat alternately with vegetables for kebob. Broil over charcoal fire. (This is excellent and spicy. Decrease red pepper for less spiciness.) Serves 4-6.

Linda Andrist Hereford

PERUVIAN LAMB AND CRANBERRIES
(Peru)

2 lb. lamb, trimmed and cut for stew
1 tsp. salt
1/2 tsp. pepper
3/4 c. onion, chopped
1 clove garlic, minced
1 (16 oz.) can tomato paste
1 c. Burgundy wine
1 1/2 c. water
1/4 tsp. ginger
1/4 tsp. oregano
3/4 c. cranberry sauce (whole)

Brown lamb in some fat trimmed from meat. Pour off excess fat. Season with salt and pepper. Add onion, garlic, tomato paste, wine and water. Cover and simmer 45 minutes. Add ginger, oregano and whole cranberry sauce. Cook 45 minutes or until meat is tender. Add more water if necessary. Serve over rice. Serves 5.

Mary G. Kirby

TURKISH-STYLE ROAST LEG OF LAMB
(Middle East)

Note: This may be partially prepared up to 12 hours in advance; it must be partially prepared 3 hours in advance.

3 Tbsp. grated ginger root
1 tsp. crushed garlic
2 Tbsp. strained lime juice
1/2 c. unflavored yogurt
1 tsp. salt
1/4 tsp. freshly-ground black pepper
1 (6-7 lb.) leg of lamb
1 Tbsp. ground coriander
1/2 tsp. ground cloves
1/2 tsp. ground cinnamon
1/2 tsp. ground cardamom

In a small bowl, combine the ginger, garlic, lime juice, yogurt, salt and pepper; blend well. With a sharp knife trim fat and membrane from lamb. Score cross-hatches 1/4 inch deep across the surface of the meat. Place the lamb on a platter and brush the yogurt marinade generously on its underside. Brush the remaining marinade on its top side. Allow the lamb to marinate from 3 to 12 hours; if over 3 hours, cover loosely with plastic wrap and refrigerate until 2 hours before final preparation.

In a small skillet, combine the coriander, cloves, cinnamon and cardamom. Toast, stirring frequently, over moderate to low heat until the spices start to darken, about 3-4 minutes. Cool. Preheat oven to 350°. Remove wrap from lamb and transfer to a roasting pan, discarding any juices that may have accumulated. (Do not disturb the marinade still clinging to the meat.)

Sprinkle the toasted spices over the lamb and place in the oven. Calculate the lamb's roasting time based on its store-bought weight, before fat was trimmed off: 11 minutes per pound for rare; 14 minutes per pound for medium to well done. (Times are shorter than usual.)

When done transfer the meat to a heated platter and let it rest for 15 minutes. Meanwhile, place roasting pan with juices over high heat. Stir constantly and boil until the juices have reduced by one-third. Serve as a sauce with the lamb. Serves 5-6.

Nancy Coolberth

VEAL CUTLET PARMIGIANA
(Naples, Italy)

1 lb. veal cutlets (1/4 inch thick)*
flour
1-2 egg(s), beaten
grated Parmesan cheese
salt and pepper to taste

bread crumbs
1/3 c. oil
tomato sauce
Mozzarella cheese, sliced
ground pepper
butter

*Chicken or turkey may be substituted for veal cutlets.

Dip cutlets in flour and then in the beaten egg (which has been mixed with 1 teaspoon Parmesan cheese, salt and pepper). Then dip cutlets in bread crumbs. Heat oil in a frying pan and fry cutlets in oil until brown on both sides. Place cutlets in a casserole. Pour tomato sauce over each one. Sprinkle with grated Parmesan cheese and arrange Mozzarella slices on top of each cutlet. Sprinkle pepper on each cutlet and arrange a lump of butter in the middle of each cutlet. Bake 10-15 minutes at 375° or until Mozzarella cheese has melted. Serve hot. Serves 4.

Concetta A. DeRosa

VEAL A LA FRANCAISE
(France)

2 lb. veal (very thin), pounded
flour
2 eggs, beaten with 2 tsp. oil, 1/4 c. Parmesan cheese and parsley
juice of 1 large fresh lemon
2 cans mushroom gravy
Burgundy wine

Dip pounded veal into flour, then into egg mixture. Cook a few pieces at a time on both sides in very hot oil, adding more oil as necessary. (This works best in a large iron skillet.) Remove browned pieces to a platter and squeeze fresh lemon on both sides. When veal is all cooked, add gravy to skillet and stir until hot. Add all meat back in, being careful to have gravy over all. Add wine a few moments before serving. You can serve with side dish of mushrooms, firm broccoli and rice or potato. Easy but elegant! Serves 4-6.

B. Reilly-Smorawski

VEAL CORDON BLEU
(France)

2 lb. veal cutlets
salt and pepper
6 thin slices cooked ham
6 thin slices Swiss cheese

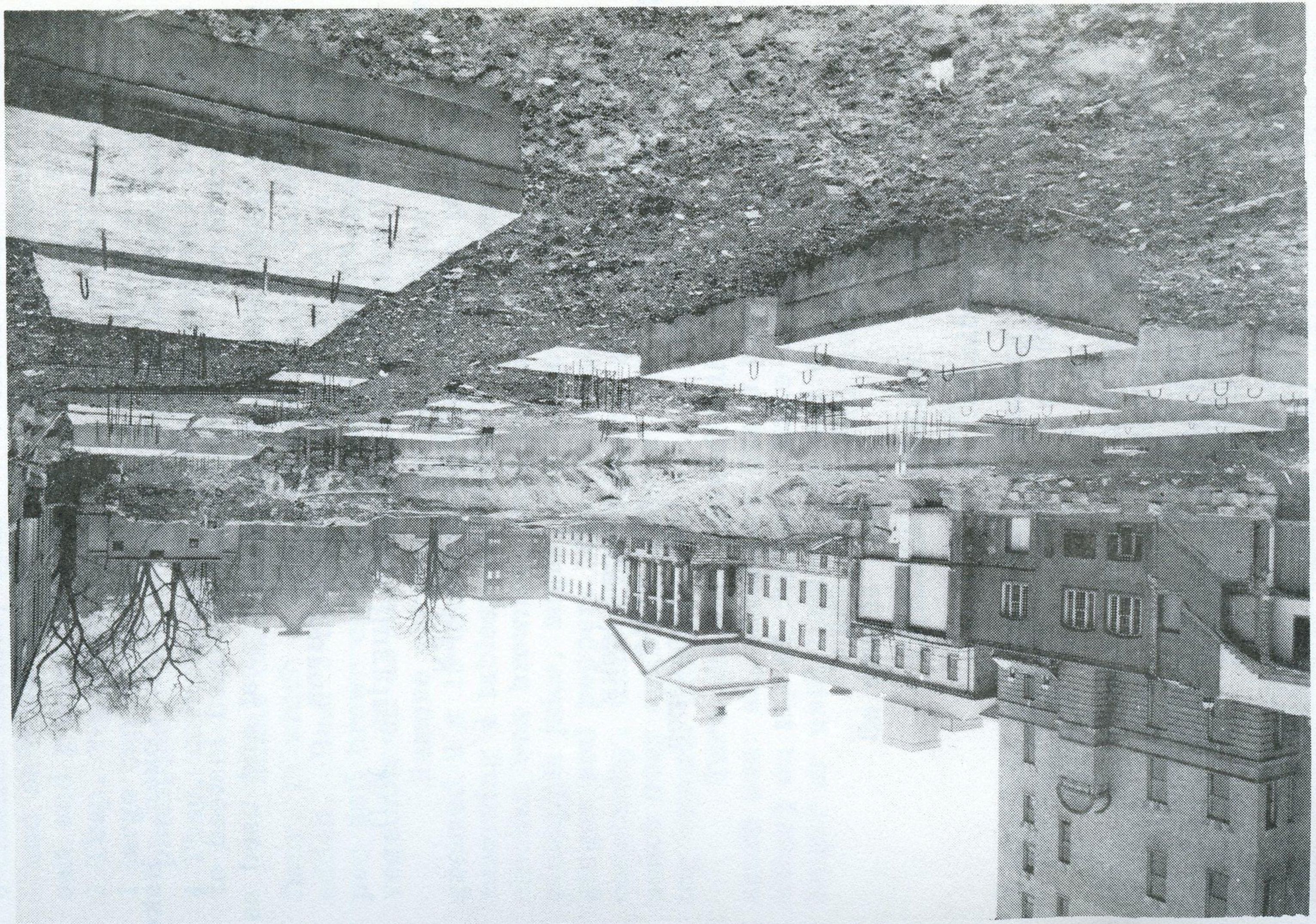
flour
2 eggs, slightly beaten
1 1/2 c. fine bread crumbs
8 Tbsp. butter
3 Tbsp. lemon juice
2 Tbsp. fresh parsley

Trim all fat and connective tissue from veal. Place on a sheet of waxed paper. Cover with a second sheet. Pound veal until thin. Cut into 12 serving-sized pieces. Season veal slices with salt and pepper. Place a slice of ham and then the cheese on six pieces of veal. (Trim ham and cheese to size of veal.) Top with another piece of veal. Pound edges together lightly. Dredge in flour. Dip in egg and then coat thickly in bread crumbs. Refrigerate, uncovered, for at least 1 hour.

Saute in 4 tablespoons butter for about 5 minutes on each side until golden brown. Arrange on a heat-proof platter and put in a 325° oven for 5-10 minutes. Melt remaining 4 tablespoons butter; add lemon juice and parsley. Heat and mix to blend flavors. Pour over the meat. Serves 4-6.

Eileen M. Farrell

The laying of the foundation for the White Building. Excavation for the building was complete by January, 1938. Operations were suspended during that winter, and a sizeable pond collected in the excavation. It was called the "Duck Pond", and can be seen in the middle of the photograph, which was taken in early 1938.



QUICK CHICKEN
(U.S.A.)

1 can consomme
1/2 c. rice
1/2 stick butter
2 chicken breasts
mushrooms

Place ingredients in casserole dish. Cover. Bake at 350° for 1 hour. Serves 2.

Variations: Pork chops can be used instead of chicken. Recipe can be made without meat and used as a side dish.

Priscilla Burns

Similar recipes by
Denise English, Charles Huggins, M.D.

QUONG TREE CHICKEN
(Vietnam)

Marinade:

3 tsp. rice wine
2 tsp. soy sauce
2 Tbsp. fresh ginger, rubbed
4 minced leeks
1 egg white
1 tsp. cornstarch

Sauce:

1 tsp. cornstarch in 3 Tbsp. water
2 tsp. rice wine
1 tsp. sugar
1 tsp. sesame oil

Other Ingredients:

1 chicken, boned and diced
1 c. bamboo shoots
1/2 c. mushrooms
1 c. shelled almonds

Marinate chicken 3 hours or more (overnight is best). Stir-fry in light oil in a wok (or large frying pan if you must) until chicken blanches. Add bamboo shoots and mushrooms.

Mix sauce ingredients; add to chicken and stir until thickened. Add almonds and serve. Serves 6.

Casserine Toussaint

CHICKEN ORIENTAL
(Orient)

6 chicken breasts, split and skinned
salt and pepper
2 Tbsp. vegetable oil
1 large can crushed pineapple
4 Tbsp. cornstarch
1 1/2 c. sugar
1 c. soy sauce
1/2 c. vinegar
1 clove garlic, minced
1 tsp. ground ginger
1/2 tsp. pepper
green pepper

Shake chicken pieces in a paper bag containing flour, to which a little salt and pepper have been added. Heat 2 tablespoons vegetable oil in a frying pan and brown chicken on both sides. Add additional vegetable oil as needed.

Remove chicken from pan and place in a shallow, greased 9 x 13-inch baking dish. Drain pineapple, reserving 4 tablespoons juice. In same pan in which chicken was browned, combine cornstarch, reserved pineapple juice, sugar, soy sauce, vinegar, garlic, ginger and pepper. Cook over medium heat, stirring constantly, until sauce thickens and bubbles. Pour sauce over chicken. Bake at 400° for 30 minutes, basting several times.

Turn chicken, spread with pineapple and spoon sauce over all, arranging green pepper (cut in thin slices) on top of chicken. Bake chicken 30 minutes longer or until tender. Serves 4-6.

Bill Buckley

CHICKEN CORDON BLEU
(U.S.A.)

3 boneless and skinless chicken breasts, split (6 pieces)*
4 oz. lean cooked ham, thinly sliced
4 oz. Swiss cheese
fresh, minced parsley
instant garlic powder (optional)
1 tsp. salt
1/4 tsp. pepper
5 Tbsp. fine dry bread crumbs
2 tsp. vegetable oil

*Boneless and skinless thighs may be substituted. Add 10 minutes to cooking time.

Flatten chicken pieces slightly. Place a ham and

cheese slice on each chicken piece. Sprinkle with the parsley, garlic powder, salt and pepper. Roll up chicken to enclose ham and cheese. Secure with toothpicks. Blend bread crumbs with oil in shallow bowl. Press each chicken roll into the mixture to coat lightly. Place chicken rolls on a nonstick baking sheet. Bake in moderate oven (350°) for 35 minutes or until tender. Serves 6 (low calorie).

Sylvia Wells

SPANISH LEMON CHICKEN
(Spain)

1 cut-up chicken
salt and pepper to taste
2 tsp. flour
2 oz. butter
1 Tbsp. vegetable oil
2 bay leaves
1 small onion
1 peeled, sliced lemon
1 c. chicken stock
1 tsp. sugar

Sprinkle chicken with salt and pepper. Heat oil and butter. Add chicken and onion to frypan. Cook until tender. Remove chicken from pan. Sprinkle in flour. Cook 1 minute. Blend in stock. Bring to a boil. Add lemon, bay leaves and sugar. Put chicken in a Dutch oven (ovenproof). Pour mixture from frying pan over chicken. Cover and bake 45 minutes at 375°. Remove lid last 15 minutes to brown. Serve with wild rice. Spoon liquid over the rice and chicken. Serves 4.

Esther Ferrara

AUSTRALIAN MANGO CHICKEN
(Australia)

4-6 pieces deboned chicken
1-2 oz. butter
2 onions, chopped
1 large mango, sliced, or 1 tin mangoes
seasoned flour
1/4 pt. chicken stock
1/4 pt. double cream* (optional)
slivered almonds (optional)

Roll chicken pieces in seasoned flour and place in foaming butter. Fry slowly until well cooked. Remove chicken from pan. Fry onions until light brown in remaining butter. Add mango in chunks. Add stock and return chicken to the pan. Simmer for 30 minutes

very gently. Add cream at the last minute, if desired. Add some slivered almonds, if desired. Serves 4-6.

*Found in gourmet store.

Dr. and Mrs. Graham Gumley

CHICKEN PARISIENNE
(France)

6 medium chicken breasts
salt
1/2 c. dry white wine
1 (10 oz.) can condensed chicken soup
1/2 c. sliced mushrooms
paprika
1 c. sour cream
hot cooked rice

Place breasts skin side up in a 2 x 7 x 12-inch oblong pan or baking dish. Sprinkle with salt. Blend white wine into mushroom soup; add mushrooms and pour over the chicken. Bake at 350° for 1-1 1/4 hours. Remove chicken to a platter and sprinkle with paprika. Pour soup and mushroom sauce into a saucepan; add sour cream and blend. Heat gently until hot. Serve sauce over chicken and hot cooked rice. Serves six.

Linda Gorham Ryan

CHICKEN CHAUSSEUR
(France)

2 lb. chicken, cut in serving-sized pieces
salt and pepper
flour
2 Tbsp. butter
1 Tbsp. olive oil
1/2 c. chopped scallions
2 Tbsp. minced onion
1 clove garlic, minced
1/4 lb. mushrooms, sliced
1 Tbsp. minced parsley
1/2 tsp. thyme
1/2 c. dry white wine
3/4 c. chicken stock or broth
1/2 c. peeled, seeded, chopped tomato
salt and pepper to taste

Sprinkle chicken with salt and pepper; dredge with flour. Saute chicken in butter and olive oil over moderately high heat, turning, for 5 minutes or until browned. Transfer chicken with slotted spoon to dish. In fat remaining in pan saute scallions, onion and garlic until onion is softened. Add mushrooms, parsley, thyme and salt and pepper to taste; saute mixture for 5 minutes. Add white wine and cook until

liquid is reduced by half. Return chicken to pan. Add chicken broth and chopped tomato. Bring liquid to a boil; reduce heat to moderately low and cook, covered, for 20 minutes. Cook mixture for 10 minutes, uncovered, or until chicken is tender. (This is delicious served with rice.) Serves 4.

Marilyn Swenson

MOM'S STEAMED CHICKEN AND MUSHROOMS
(China)

1/2-1 lb. chicken (per person) or 1 chicken breast (per person)
4-6 dried mushrooms (Chinese), soaked in small amount of water
2-3 sliced fresh ginger roots, diced
1 (1 inch sq.) piece dried turnip, washed, then diced (optional)
2 Tbsp. soy sauce
1/2-3/4 Tbsp. cornstarch
1/2-1 tsp. salt (own taste)
1 tsp. sugar

Soak dried mushrooms in water at least 2 hours before cooking. Clean chicken, then cut up. Remove skin if desired and pat dry. Place chicken in a metal or glass 8 or 9-inch baking dish. Slice up soaked mushrooms after water is squeezed out slightly, but save the mushroom water for later use. Keep each ingredient separate and set aside.

Sprinkle salt, sugar, cornstarch and soy sauce over chicken and mix together in the same dish that it will be steamed in. Sprinkle diced ingredients over chicken with the mushrooms added last. Add the reserved mushroom water for added flavor.

Steam in the pan with enough water to cover the bottom 1/4 of the dish. Use a metal rack if available and add water up to the rack. Let water boil first, then add to the dish. Cover and cook for 20-30 minutes over moderate heat. Cooking time is dependent on the amount of chicken. Chicken is done if no bleeding occurs after the thickest part is stabbed with a fork.

Hints: (1) Add water as needed to the bottom of the pan during cooking as it evaporates during cooking. (2) Chinese mushrooms are expensive but worth it; they are available in Chinatown grocery stores as are dried turnips. (3) More ginger root may be added to your taste. (4) Dish has more flavor when made ahead of

time; mix together before steaming. Cover with Saran Wrap to prevent drying if made more than 1 hour ahead of time.

Serves 2-3.

Lily Lee

CHICKEN DIVAN
(U.S.A.)

3 pkg. frozen broccoli spears, thawed, or 1 large bunch fresh broccoli, cooked
4 large whole boneless, skinless chicken breasts
2 (13 oz.) cans cream of chicken soup
1 c. mayonnaise
1 tsp. lemon juice
1/2 tsp. curry powder
6 oz. sharp grated Cheddar cheese
1/2 c. buttered bread crumbs

Grease an oblong baking dish and place broccoli on the bottom. Place the chicken breasts, uncooked, on top of the broccoli. Combine soup, mayonnaise, lemon juice and curry powder to make a sauce and pour over the chicken. Top with grated cheese and bread crumbs. Bake at 325° for about 1 1/2 hours. Serves 6.

Diane Delorey

MEXICAN CHICKEN
(Mexico)

1 (3-4 lb.) cut-up chicken
3/4 c. water
1/4 c. lemon juice
1 onion, chopped
1/4 tsp. garlic powder
1/4 tsp. pepper
1/8 tsp. marjoram
1/4 c. white wine

Remove skin from the chicken and place in a skillet. Combine all other ingredients, excluding the white wine, and add to the skillet. Cover and simmer for 30 minutes. Add the white wine and simmer 10-15 additional minutes. Serve with Mexican rice and refried beans. Serves 4.

Donna Rassulo

SZECHUAN CHICKEN
(China)

1 1/2 lb. chicken breasts, skinned, boned and cubed
2 large Tbsp. jarred chili paste with garlic (this is spicy and hot)
2 cloves garlic, minced
1/4-1/3 c. soy sauce
3 Tbsp. white wine
1 Tbsp. wine vinegar
1/4 tsp. ginger
3 Tbsp. peanut or vegetable oil
1/2 lb. snow pea pods, washed and trimmed
1 sweet red pepper, diced
1/4 head Chinese or green cabbage, diced
1/3 lb. fresh bean sprouts (left whole)
1 (8 oz.) can bamboo shoots
3 green onions, sliced (with greens included)

All ingredients can be found in most stores or Chinese markets. About 1 1/2 hours before serving, cube chicken; add chili paste, toss and set aside. Next mix garlic, soy sauce, wine, vinegar, ginger and all the vegetables together. In a wok or heavy skillet, heat the oil over medium-high heat. Add chicken and stir-fry. When chicken has turned white on all sides, add vegetable mixture and stir-fry for about 1 minute. Cover and occasionally stir, cooking for another 5-7 minutes. Serve immediately. Serves 4.

Kathleen Mason

SYRIAN CHICKEN
(Syria)

1 (3-4 lb.) chicken
1 lb. hamburg
1 c. regular rice
1 1/2 c. water
1 c. chicken stock
1/2 tsp. nutmeg
1/2 tsp. cinnamon
1/4 c. pignolia nuts
dash of salt and pepper

Boil chicken until done. Reserve 1 cup chicken stock. Cut up chicken, removing bones and set aside. Brown hamburg in a pan. Add rice, water and chicken stock. Also, add nutmeg, cinnamon and pignolia nuts. Mix well. Bring to a boil and simmer for 15 minutes or until rice is tender. Add the cut-up chicken to the mixture. Add salt and pepper to taste. Serve with a tossed salad and Syrian bread. Serves 4-6.

Bruce Hamaty

CHICKEN IN PARCHMENT
(France)

1 whole broiler chicken
3 cloves garlic, crushed
1 Tbsp. oil
1 tsp. thyme
pinch of salt
freshly-ground pepper
juice of 1/2 lemon

Wash the chicken and remove excess fat. Add garlic cloves, oil, thyme, salt, pepper and lemon juice. Mix with chicken and marinate a few minutes. Wrap in parchment. Place in a brown paper bag and then wrap in foil. Bake at 375° for 1 1/2 hours. Serves 6.

Note: Juicy, tender and very healthy.

Hilda Sequeira

SESAME CHICKEN
(China)

Sauce:

1/2 c. ketchup
3 Tbsp. sugar
2 Tbsp. soy sauce
2 Tbsp. lemon juice
1 Tbsp. sherry
1 small (6 oz.) can pineapple juice

Other Ingredients:

4 chicken breasts, skinned and boned
flour
1/4 c. oil
2 Tbsp. toasted sesame seeds

Cut each chicken breast into bite-sized pieces. Lightly flour and saute in oil for 8-10 minutes. Prepare sauce in a separate pan and simmer for 10 minutes. Place chicken in a baking dish and toss with the sauce. Sprinkle with sesame seeds and bake at 375° for 15 minutes. Serves 4.

Note: You may also use chicken pieces.

Wendy Potash

GINGERED CHICKEN WITH SNOW PEAS
(U.S.A.)

Marinade:

1 tsp. chopped ginger
soya sauce

Sauce:

4 Tbsp. horseradish
1 Tbsp. sugar
1/2 tsp. salt
2 tsp. prepared mustard
1 tsp. vinegar
1/2 pt. heavy cream, whipped
paprika to taste

Other Ingredients:

6-8 chicken breasts
chicken stock
snow peas

Place chicken in a soya-ginger marinade (just enough to cover chicken) and let stand overnight.

Poach chicken in stock and marinade mixture for about 15 minutes. Cool and cut in cubes. Blanch snow peas for 1 second and run cold water over them immediately. Wrap chicken in snow peas and secure with toothpicks.

Prepare sauce and use for dipping chicken cubes. Serves 30.

Barbara Pikl

CHICKEN POLITO
(Italy)

6 chicken cutlets
garlic powder
salt and pepper
parsley
grated cheese
6 slices salami
tomato sauce
Mozzarella cheese

Lay chicken cutlets in a shallow pan. Sprinkle heavily with garlic powder. Add salt, pepper, parsley and grated cheese. Lay a slice of salami on each cutlet. Roll each cutlet into a log and secure with a toothpick. Place cutlets in a baking pan with enough tomato sauce to cover bottom of pan 1/4 inch. Cover with foil and bake at 350° for 1 hour. Remove foil and top each cutlet with a slice of Mozzarella cheese. Bake an additional 15 minutes. Serves 6.

Russell Vasseur

INDONESIAN CHICKEN CURRY
(Indonesia)

3 chickens, quartered

Sauce:

2 Tbsp. lemon juice
2 Tbsp. oil
2 Tbsp. soy sauce
2 tsp. salt
2 tsp. chili powder
1/2 c. peanut butter
2 Tbsp. diced onion
6 cloves garlic
2 Tbsp. curry powder

Prepare sauce with ingredients listed above and spread on chicken early in the day and refrigerate.

Preheat oven to 350°. Place chicken in a heat-proof dish. Bake for 1 1/2 hours, covering with foil after the first 1/2 hour. Remove dish from the oven and arrange chicken on a serving platter, scraping off as much of the sauce as possible. Remove as much sauce as possible to a small pan; reheat, stirring all the time as sauce tends to separate. Pour over chicken on platter. Serve with rice. Serves 12.

Helen Snyder

CHICKEN PICCATA
(Italy)

1 egg
3 Tbsp. fresh lemon juice
1/4 c. unsifted flour
1/8 tsp. garlic powder (use fresh garlic if you like)
1/8 tsp. paprika
4 chicken breast halves, skinned and boned
1/4 c. butter or margarine
2 chicken flavored bouillon cubes
1/2 c. boiling water

Beat egg with 1 tablespoon lemon juice. Combine flour, garlic powder and paprika. Dip chicken in egg mixture, then in flour mixture. In skillet brown chicken in margarine. Dissolve bouillon in water and add with remaining lemon juice to skillet. Cover and simmer for 20 minutes or until tender. Garnish as desired. Serves 4. Refrigerate leftovers.

Hint: Fresh garlic and lemon make a big difference.

Debbie Landers Fraser

CHICKEN MANDARIN
(China)

Seasoning Sauce:

1 Tbsp. oil
1/4 c. sherry
1 Tbsp. cornstarch
3 Tbsp. soy sauce
3 Tbsp. water
3 Tbsp. sugar
1 Tbsp. white vinegar
1/4 tsp. ground ginger

Other Ingredients:

2-3 c. cut-up chicken, cooked
3 Tbsp. oil
1 green pepper, cut into 1/2-inch pieces
8 scallions, thinly sliced
1 clove garlic, minced
3/4 c. dry roasted whole cashews
1 c. celery, cut into 1/2-inch pieces
1 (15 oz.) can water chestnuts

Mix Seasoning Sauce ingredients and set aside. Heat oil in wok. Stir-fry all other ingredients, except chicken, for 3-5 minutes. Add chicken and sauce. Heat thoroughly. Serves 4-6.

Julienne M. Charbonneau

PAPER WRAPPED CHICKEN
(China)

Marinade:

1/4 c. cooking wine
1 tsp. sugar
2 tsp. salt
1/2 tsp. pepper

Other Ingredients:

6 chicken drumsticks
6 chicken thighs
2 Tbsp. sesame oil
12 (2 inch long) scallions
6 Chinese mushrooms, soaked

Prepare marinade and marinate chicken pieces for 1 hour. Tear off 6 pieces of heavy-duty aluminum foil, 12 x 12 inches. Brush center of each piece of foil with sesame oil. Put 1 chicken drumstick, 1 chicken thigh, 2 scallion pieces and 1 Chinese mushroom on each piece

of foil. Wrap securely, but not too tightly. Bake at 350° for 50 minutes. Serves 6.

Li Li Chen

CHICKEN MEXICO
(Mexico)

4-5 chicken breasts, skinned and boned
1 (12 oz.) can cream of chicken soup
1 (12 oz.) can cream of mushroom soup
1 (12 oz.) can Old El Paso tomatoes and green chiles
1 pkg. fresh soft corn tortillas, cut into 3/4-inch strips
1 stick sharp Cheddar or Monterey Jack cheese, grated

Preheat oven to 325°. Shred chicken breasts into small pieces and set aside. In a bowl whisk together soups, tomatoes and green chiles. Grease the bottom of a baking dish. Cover bottom with one layer of tortilla strips, then chicken and then soup mixture. Repeat layers with soup mixture ending on top. Cover with grated cheese and bake for 45 minutes, until bubbly and golden. Serves 4-6.

Kathleen Mason

ROASTED PHEASANT
(Midwest)

1 pheasant
salt and pepper
1 c. wild rice
1 c. apricot juice

Place pheasant on aluminum foil in a roaster. Rub interior of the bird with salt and pepper. Cover with uncooked rice. Pour fruit juice over all. Wrap tightly in foil. Bake at 325° for 1 hour, until breast is easily pierced with a fork. Serves 4.

Hint: Other fruit juices may be substituted.

Ann Daly

CHICKEN DIVAN
(France)

1 lb. broccoli
4 chicken breasts, cooked
3 Tbsp. butter
3 1/2 Tbsp. flour
1/2 tsp. mustard
3/4 tsp. salt

1 1/2 c. milk
3/4 tsp. Worcestershire sauce
3 Tbsp. mayonnaise
3/4 c. grated Parmesan cheese
1/2 c. shredded almonds
3 Tbsp. butter

Steam broccoli and put in bottom of casserole dish. Slice cooked chicken breasts and place over broccoli. Cook remaining ingredients, except almonds and 1/4 cup cheese, together in a saucepan until thickened. Pour over chicken. Spread remaining cheese and almonds on top. Cover and cook at 350° for 1/2 hour. Serves 4.

Gail Grootemaat

LEMON CHICKEN
(Greece)

2 whole chicken broilers
3 lemons
2 Tbsp. tarragon
1 Tbsp. rosemary
1 tsp. thyme
1 tsp. basil
1 c. dry white wine
3 cubes chicken stock
4 c. hot water

Cut up chicken, leaving skin on. (Do not use giblets in this recipe.) Slice lemons into thin slices, discarding end pieces. In a mortar, crush dried herbs together. (If herbs are fresh, bruise but do not crush and reduce amounts slightly.)

Take a large casserole pan or Dutch oven and layer chicken in bottom, followed by a layer of lemon slices. Cover with approximately 1/3 of the herb mixture. Repeat until all ingredients are in the pan. Add wine. Dissolve chicken stock cubes in 4 cups hot water and add to the pan. Cover; bring to a boil and cook on medium burner for about 45-60 minutes.

Serve with rice pilaf, salad with oil and vinegar dressing, and white Burgundy. Serves 6-8.

Stephen S. Lottridge

CHICKEN CURRY
(Indonesia)

1 whole chicken
2 qt. water
2 onions
1 stick butter or margarine
3 Tbsp. flour
4 Tbsp. curry powder

Boil one whole chicken in 2 quarts water for 25 minutes. Remove chicken from broth. Reserve broth. Remove bones and skin from chicken and tear meat into pieces. In a deep pan, saute onions in butter or margarine until limp. Add flour and curry powder (or less if you don't like it too hot). Mix together over low heat. Slowly add broth, stirring as you do so. Add chicken pieces. Cook over low heat for 1/2 hour.

Serve with rice sprinkled with coconut, chutney and sambal ooelek (Indonesian hot condiment found in some gourmet shops; I buy it at Cardullo's in Harvard Square).

Martha Byington

ROAST TURKEY, STUFFING AND GRAVY (U.S.A.)

1 turkey (10-12 lb.)
4 chicken breasts (on the bones)
turkey neck and giblets
4 tsp. all-purpose flour
1 bay leaf
2 tsp dry tarragon
2 tsp. dry parsley
2 tsp. dry sweet basil
1 1/2 pt. light cream
4 slices white bread
6 midsized onions
2 large carrots
7 oz. butter
ground pepper
1 tsp. salt

Remove chicken meat from breast bones; set aside. In a large pan place the chicken bones, the turkey neck and giblets (less the liver), 2 onions, the carrots and 1 bay leaf. Cover with cold water and set to boil gently for 5 hours. Check now and then; you may have to add water.

Chop 4 onions and saute them in 2 ounces butter over low heat until done but not brown. In another pan saute chicken breasts in 2 ounces butter until done but barely brown. Remove and drain meat over paper towels. When meat is cold, chop it with a cleaver until no piece larger than 1/4 inch remains.

In a large bowl mix the chopped meat, cooked onions, herbs, salt and pepper. Chop the turkey liver and add it. Rub the bread slices between palms to reduce them to crumbs and add them in. Work in some light cream until the consistency of a soft paste is reached. Stuff the turkey's rear and front cavities and sew up the skin.

Drain the chicken broth, less the fat, and reduce to 3 cups. All this can be done ahead of time.

Roast the turkey as usual. One and one-half hours before you expect it to be done, prepare a roux. Melt 3 ounces butter over low heat (if you have little experience with making roux, use 4 ounces; the more butter, the easier the procedure). Add the flour while stirring continuously, until the butter sizzles. Reduce heat for faint sizzling and continue stirring until color changes from pale to dark gold.

Add the broth, always stirring, and bring to a boil. Reduce heat to a simmer, cover and cook for 1 hour (absolute minimum is 20 minutes), stirring occasionally. If lumps or a thick skin form, strain the sauce into a clean saucepan.

Deglaze the turkey roasting pan with minimum amount of water; add this to the sauce and let it reduce to preferred consistency, stirring often. Taste and add salt and pepper to preference. Keep hot until ready to serve in a gravy bowl. Serves 8-12.

Dr. Denise Strieder

MOM'S OVEN FRIED CHICKEN
(Tallahassee, Florida)

2 Tbsp. butter or margarine
1/2 c. Bisquick baking mix
1 tsp. salt
1/4 tsp. pepper
1 tsp. paprika
2 (2 1/2-3 lb.) chicken fryer or 8-9 chicken breasts

Melt margarine in a 2 x 9 x 13-inch oblong pan. Mix baking mix, salt, pepper and paprika in a bowl. Put mixture in a plastic or brown bag. Moisten chicken with water and shake with mix in the bag. Place chicken skin side down in the pan. Bake, uncovered, at 425° for 35 minutes. Turn and bake until done, about 15 minutes longer. (You may bake at 350° for 50 minutes.) Chicken gets nice and brown with no danger of smoking. Serves 4-6.

Cathy Griffith

CHICKEN CURRY

2 c. cut-up, cooked chicken
1/2 c. mayonnaise
1 can cream of chicken soup
1 tsp. lemon juice
3/4 tsp. curry powder

Mix all ingredients together and place in an oven-proof casserole. Bake at 350° for 25 minutes. Serve over white rice. Serves 4-6.

This dish was served at a luncheon I attended years ago and is very colorful and absolutely delicious.

Bernadette Elliott

OVEN-FRIED CHICKEN
(U.S.A.)

1 (3 lb.) cut-up chicken
1/2 c. flour
1/2 c. Bisquick
1/2 tsp. salt
1/8 tsp. m.s.g.
1/4 tsp. cornstarch
1 tsp. Bell's herb seasoning
1/2 tsp. paprika
1/2 c. plus 3 Tbsp. very hot tap water
1 Tbsp. cooking oil

Grease shallow baking pan (e.g., with Pam). Preheat oven to 400°. Mix flour, Bisquick and seasonings. Add hot water and beat vigorously with fork for 1 minute (batter will be smooth). Beat in oil thoroughly (batter will be the consistency of cake batter). Dip chicken into batter, scrape off excess with fork. Place skin side up in baking pan. Bake 1 1/4 hours or until deep brown. Serves 3-4.

Karen Slutsky

CHICKEN PAPRIKASH
(Like Grandma Used to Make)
(Hungary)

cut-up frying chicken
salt and pepper
paprika
butter or margarine
2 onions
2 cloves fresh garlic
water
rice

Rub the chicken pieces with copious amounts of salt, pepper and paprika. You will intentionally over-season the chicken because these spices will later be

used to season some otherwise horribly bland rice. Saute the chicken pieces in the butter, onions and garlic in a skillet or electric frypan with a cover. After browning the chicken, add sufficient water to the pan to cover the chicken and write down the amount of water you added. Cover the pan, bring to a boil and simmer for about 1-1 1/2 hours. Turn off the heat, set the table and go away.

About 1 hour before you want to eat, bring the water to a boil again (the chicken still being in the pan), shove the chicken to one side of the pan and pour in 1 cup of rice for every 2 cups of water you had added. Simmer for about 1/2 hour with the pan tightly covered, or until the rice is done. Serves: Variable.

Richard Lasky

CARIBBEAN CHICKEN A LA CHRISTIANA
(The Caribbean)

2 1/2 lb. chicken breasts (or other pieces)
1 1/2 tsp. salt
1/2 tsp. ground black pepper
1/2 tsp. thyme
1/4 c. (1/2 stick) butter or margarine
1/4 c. chopped, toasted, freeze-dried cashew nuts
paprika
4 slices fresh lime

Wash chicken. Rub all sides with salt, black pepper and thyme. Place skin side down in a single layer in a buttered broiler pan. Preheat oven to 450°. Place chicken under broiler and cook for 30 minutes or until tender, turning to brown both sides. Sprinkle the skin side with cashew nuts 10 minutes before broiling time is up.

Garnish with paprika and fresh lime slices (definitely squeeze lime juice on chicken before eating). Serve with green salad, fresh bread and your favorite bottle of white wine. Serves 4.

Rosalie Christiana

CHICKEN AND CASHEWS

Marinade:

1 egg white
2 tsp. cornstarch
1/4 tsp. salt
1/4 tsp. oil
4 boneless and skinless chicken breast halves, cut into thin strips

Sauce:

1/2 c. water
1 Tbsp. soy sauce
2 tsp. cornstarch
1 tsp. sugar
1/2 tsp. chicken bouillon powder

Other Ingredients:

4 Tbsp. oil, divided in half
1 clove garlic, minced
1 bunch scallions (white part), cut into 1/2-inch pieces
1 c. sliced mushrooms
1 c. pea pods
1 c. salted cashews

Marinate strips of chicken for 1 hour. Combine all sauce ingredients and set aside. Add 2 tablespoons oil to wok or large frying pan and heat for 2 minutes on medium high. Add chicken mixture and stir-fry for 2-3 minutes. Remove from pan. Add 2 tablespoons oil to the pan and heat for 1 minute. Add garlic, scallions, pea pods and mushrooms. Stir-fry for 1 minute. Add chicken and sauce and stir until thick. Remove from heat and stir in the cashews. Serve with rice. Serves 6.

Barbara Carter
Judy Lenz

CHICKEN A LA CHARLES
(U.S.A.)

1 quartered chicken
frying oil
salt and pepper to taste
1 (16 oz.) jar applesauce

Deep fry chicken parts in oil until just browned; remove and drain. Add salt and pepper and smother with applesauce on a cookie sheet. Bake at 350° for 30 minutes or until done. Serves 4.

John Charles

CHICKEN TROPICAL
(U.S.A.)

Sauce:

1 tsp. salt
1/2 c. shortening, melted
2 Tbsp. brown sugar
1 c. orange juice
1 tsp. ground nutmeg
1 tsp. basil

Coating:

1/2 c. flour
1 tsp. salt
1/4 tsp. pepper
1/2 tsp. paprika

Other Ingredients:

1 (3 lb.) chicken
2 c. new potatoes
1 (1 lb. 13 oz. size) can peach slices
parsley

Mix coating ingredients together and coat chicken. Make sauce and pour over chicken. Place potatoes around the chicken. Cover and cook about 25 minutes, until tender. Add peaches, cover and heat 5 minutes. Garnish with parsley. Serves 4-6.

Diana Shuda

SHRIMP WITH FETA CHEESE
(U.S.A.)

1 lb. shrimp
2 Tbsp. lemon juice
3/4 c. diced scallions
2 Tbsp. parsley
2 cloves garlic
1/4 c. olive oil
1 1/2 c. tomatoes (Italian), drained
1 medium green pepper
salt and pepper
1/2 tsp. oregano
1/4 c. white wine
1/2 lb. Feta cheese

Sprinkle shrimp with lemon juice. Saute scallions, parsley and chopped garlic in olive oil until soft. Add tomatoes, peppers, salt and pepper. Simmer, covered, for 20 minutes. Saute shrimp for 4 minutes. In dish put sauce, shrimp, oregano and wine; sprinkle with Feta cheese. Bake at 400° for 15 minutes. Serves 6.

Dorothy Kelly, M.D.

RAYMOND HILLS FISH
(Midwest)

2 eggs
1 c. flour
1/2 c. beer
1/4 c. milk
1 tsp. salt
1/2 tsp. pepper
2-3 lb. fish fillets

Separate eggs. Place whites in a small dish and yolks in a small mixing bowl. To yolks add flour, beer, milk, salt and pepper. Beat egg whites until fluffy. Then beat yolk mixture until mixed. Fold in beaten egg whites. Drop fillets (dried on paper towel) into batter. Lift out with tongs to drain briefly. Then deep fat fry until golden brown. (If large fillets, cut into 1/2 to 3/4-inch wide squares before cooking.) Serves 4-6.

Ann Daily

BAKED STUFFED FILLET OF SOLE
(U.S.A.)

1 1/2 sticks butter
seasoned bread crumbs
2-3 medium-sized mushrooms, chopped small
6-8 pieces sole (preferably Grey sole)
1/4 c. white wine

Melt butter in small saucepan. Add crumbs until thick. Add mushrooms and mix well. Spread mixture onto fillets one at a time (if fillet is 4-5 inches wide, it may be sliced lengthwise, making it easier to roll and cook). Roll fillets lengthwise. Place in baking dish and add wine. Bake 20-25 minutes at 350°-375°. Serves 4-6.

Diane Guiry

SHRIMP SAVOY
(Florida)

12 precooked, cleaned shrimp
1 clove garlic, chopped fine
1 Tbsp. chopped chives
3 Tbsp. butter
dash of cooking sherry
Parmesan cheese

Prepare shrimp. Saute garlic and chives in butter until hot. Add shrimp. Turn several times in sauce. Add a good dash of cooking sherry. Turn again. Cover with sauce. Sprinkle with Parmesan cheese. Turn quickly. Serve hot. Serves 2.

Priscilla Burns

LANGOSTINO PIE
(New England)

12 oz. langostinos
1/4 c. chopped onion
2 Tbsp. chopped celery
2 Tbsp. chopped parsley
2 Tbsp. sherry
1 frozen (deep dish) pie shell
4 eggs, lightly beaten
2 c. light cream
1 tsp. salt
1/4 tsp. nutmeg
1/4 tsp. pepper

Add langostinos to onion, celery, parsley and sherry. Marinate in refrigerator at least 1 hour. Bake pie shell for 5 minutes at 450°. Cool shell and put langostino mixture into it. Combine remaining ingredients and pour over mixture. Bake 15 minutes at 450°. Reduce heat to 350° and bake at least 15 minutes more or until set. This tastes like crabmeat, but costs a lot less. Serves 6.

Barbara Gorman

SPICY MUSSELS MARINARA
(New England)

4 lb. uncooked mussels
2 cloves garlic, minced
1 (28 oz.) can peeled, crushed tomatoes (with puree)
2 tsp. dried basil
1/2 tsp. dried oregano
1/4 c. chopped fresh parsley
3 bay leaves
1/2-1 tsp. crushed red pepper flakes
1 1/2 c. dry white wine
1 lb. linguine, cooked al dente

Scrub and debeard the mussels. In a large pot combine garlic, tomatoes, herbs and red pepper flakes. Cook until the sauce is thick and the flavors combined, about 15 minutes. Add the wine and stir. Add the mussels. Cover and cook 5-8 minutes. Stir once halfway so the mussels cook evenly. When the shells are open, remove from heat. Serve over linguine with crusty bread on the side. Serves 4.

Eileen M. Farrell

SHRIMP DEJONGHE
(France)

1 large clove garlic, smashed
1 c. butter or margarine, softened
1/4 tsp. dried tarragon
1/4 tsp. dried marjoram
3 c. fine dry bread crumbs
juice of 1 lemon
2 lb. cooked shrimp, peeled and deveined
chopped parsley

Combine garlic, butter, tarragon and marjoram; cream until blended well. Add bread crumbs and lemon juice; mix well. Alternate layers of shrimp and bread crumb mixture in buttered baking dish or 6-8 ramekins. Sprinkle parsley over each layer. Bake at 375° for 20 minutes or until heated through. Serve immediately. Serves 6.

Ginger Gallant

CALAMARETTI RIPLENI
(Italy)

12 small squid
1 clove garlic, chopped
3-4 anchovy fillets, chopped
2-3 sprigs parsley, chopped
2 eggs, beaten
2-3 Tbsp. bread crumbs
salt (very little)
pepper (lots)
olive oil ("a trickle")

Clean squid, removing cuttle bone and skin. Save the tentacles and throw the innards away. Chop tentacles and mix with other chopped ingredients and then with remaining ingredients.

Stuff squid bodies about half full. Easy version: Close with toothpick. Authentic version: Sew them shut. Brush with oil; sprinkle with salt and pepper. Broil 10-15 minutes, turning and basting with oil. Serve hot with lemon, if desired. Serves 4-6.

Ann M. Ternullo

WALKING STEAMERS
(Baltimore)

3/4 c. Old Bay seasoning*
1/4 c. salt
1 c. vinegar
12-16 chicken drumsticks (about 3-4 lb.)

Mix the Old Bay seasoning and salt together. In a deep pot (6 quarts) add enough vinegar to cover the bottom 1/2 inch and add a vegetable steam rack. Layer several pieces of chicken on the rack and liberally sprinkle the Old Bay and salt mixture on the chicken. Continue layering chicken in the pot, sprinkling each layer liberally with the Old Bay and salt mixture. Cover the pot tightly. Bring the vinegar to a boil, reduce the heat to medium and steam the chicken for 2 hours. Serve with rice and a salad. Serves 5-6.

*Old Bay seasoning is only made by McCormick, Inc., and is available in seafood stores.

Variation: For Flying Steamers use chicken wings instead of drumsticks.

Leon Braswell

SCALLOPS IN SAUCE
(U.S.A.)

1/2 c. water
1/2 c. light cream
1/2 c. white wine
1/2 tsp. salt
dash of cayenne powder
2 Tbsp. butter
3 Tbsp. flour
2 small onions
1/2 clove garlic, crushed
1 tsp. parsley
1 egg yolk, well beaten
1 lb. scallops

Topping:

3/4 c. bread crumbs
2 Tbsp. melted butter
2 Tbsp. grated Parmesan cheese

In skillet combine water, light cream, wine, salt and pepper. Add scallops. Heat through and simmer for 5 minutes. Drain liquid off into bowl and save. Put scallops aside. In same skillet saute onion in butter until soft. Stir in flour; add reserved liquid in bowl gradually and stir constantly. Simmer until thickened. Add garlic and parsley; simmer for 5 minutes. Keep

stirring. Gradually stir 1/4 cup of this mixture into the beaten egg yolk. Then stir this yolk mixture into the remaining sauce. Add scallops and heat gently. Top with topping. Bake for approximately 5-10 minutes at 425°. Serves 4.

Jane Kimbrough

KATY BARRETT'S CLAM DELIGHT
(Cape Cod, U.S.A.)

1/4 lb. butter
1 1/2 c. chopped onion
1 pt. (plus) fresh mushrooms
4 cloves minced garlic
dash of Accent
2 (8 oz.) cans minced clams (or whole)
1/2 small pkg. Pepperidge Farm stuffing
1/4 c. grated Romano cheese

Melt butter; saute onion and garlic cloves. Add mushrooms and saute. Remove from heat. Add Accent, clams, clam juice, stuffing and cheese. Bake at 350° for 30 minutes. Casserole dish or individual clam shells can be used. Serves 4-6.

Linda Barrett

SCALLOPED CLAMS
(From Boston Globe)

2 c. minced, drained clams
3 Tbsp. grated onion
1/4 c. parsley
1 tsp. salt
dash of Tabasco sauce
1/2 c. butter, melted
1 c. crushed cracker crumbs (Ritz)
1/2 c. bread crumbs
1/2 c. heavy cream

Preheat oven to 375°. Mix first five ingredients. Blend butter and crumbs together. Reserve 1/3 of crumb mixture. Mix remaining 2/3 of crumb mixture with clam mixture and place in buttered glass pie plate. Sprinkle with reserved crumbs, pour heavy cream over top and bake for 25 minutes. Serves 6.

Barbara Casarano

SWORDFISH WITH GROUND MUSTARD SAUCE
(U.S.A.)

1 shallot, minced
1 small clove garlic, minced
2 tsp. butter
2 Tbsp. Polchard's (better) mustard
1/2 pt. heavy cream
salt and white pepper
2 swordfish steaks
fresh parsley
or Pomery stone ground

Saute minced shallot and garlic in butter. Add mustard; mix in heavy cream and bring to a boil, adding salt and pepper to taste. Simmer 10-15 minutes while grilling or broiling fish, lightly covered with butter. When cooked, add sauce to fish, reduce heat and remove from oven after 5 minutes. Serve garnished with fresh parsley. Serves 4.

This sauce is also very compatible with turkey or chicken breast.

Glenn M. LaMuraglia, M.D.

YELLOW TAIL FLORENTINE
(Italy)

1 bunch fresh spinach
1/2 stick butter
1 c. bread crumbs (whole wheat)
juice of 1 lemon
1 tsp. sherry
1/2 tsp. dill
1 lb. yellow tail fillets (flounder)
1/2 lb. Fontina cheese, grated (about 1 c.)
salt and pepper (optional)

Clean spinach and steam until soft, approximately 5 minutes. Melt butter over low heat. Mix in bread crumbs, lemon juice, sherry and dill. Bread crumbs should be moist, not liquidy. Rinse fillets gently under cold water; pat dry with paper towel. Spread fillets out, leaving them whole. Layer a small amount of spinach, bread crumbs and cheese in center of each fillet, leaving enough room to roll fillets. Reserve some bread crumbs and cheese. Roll fillets, overlapping ends; put toothpicks through each fillet and place seam side down in buttered casserole dish. Top with remaining bread crumbs and cheese. Bake, covered, for 15 minutes at 350°. Remove lid and bake another 5 minutes or until slightly browned. Serves 2-3.

Treg Henry

SEAFOOD THERMIDOR
(New England)

1 lb. fresh cod fillets
1 small onion, quartered
lemon slice
1 can condensed cream of shrimp soup
3 Tbsp. flour
1/4 c. light cream
1/4 c. dry white wine
1/2 c. (2 oz.) shredded Mozzarella cheese
2 Tbsp. snipped parsley
1/2 c. soft bread crumbs
2 Tbsp. grated Parmesan cheese
2 tsp. butter
1/2 tsp. paprika

Cut fish into 1/2-inch cubes. Place fish, onion and lemon in skillet. Add water to cover. Bring to boiling, reduce heat and simmer, covered, for 5-6 minutes or until fish flakes. Meanwhile, in a small saucepan blend soup and flour; gradually stir in cream and wine. Cook and stir until thickened and bubbly. Stir in Mozzarella cheese and parsley. Heat through.

Carefully drain fish well. Fold into sauce. Spoon into serving dish. Combine bread crumbs, Parmesan cheese, butter and paprika. Sprinkle over dish. Broil 1-2 minute(s). Serve immediately. Serves four.

Jane Kimbrough

FLORENCE'S SEAFOOD NEWBURG
(New England)

3 Tbsp. butter
2-3 shallots (not onions)
3 Tbsp. flour
1/2-1 c. cream
1/2 c. sherry
coral (hard red substance in body of lobster)
Snow's Newburg Sauce
rice, pasta, pastry shells, toast or vehicle of your choice
lobster*
shrimp*
scallops*
haddock*

Melt butter. Add shallots and cook with low heat until translucent. Discard shallots. Mash coral. Blend flour with 1/2 cup cream and 1/4 cup sherry into butter. Add coral. Stir until sauce is quite thick and smooth. Add more cream if necessary. If more sauce is needed, use a can or two of Snow's Newburg Sauce. Just before you are ready to serve, add

remaining sherry. As you call people to the table, add seafood and stir to warm meat; then serve immediately. Fish, particularly lobster, disintegrates if left cooking in sauce. Serve over the starch of your choice. Serves 8-10.

*You can use amounts to taste and budget (at least 1/4 to 1/2 pound of each). One pound or more of each is really special. All fish should be cooked and cleaned.

Priscilla Burns

FILLET OF SOLE ROLL-UPS IN WINE SAUCE
(U.S.A.)

8 flounder or sole fillets
8 slices Mozzarella cheese
8 slices Prosciutto
8 toothpicks
2 small garlic cloves, finely chopped
1 small onion, finely chopped
4 oz. fresh mushrooms, finely chopped
1/2-1 stick butter or margarine
6 oz. white cooking wine (or any good white wine)

Take a fillet, place a cheese slice on it, and top it with a slice of Prosciutto. Roll fillet up and hold together with toothpick. Repeat until all are done. Next, lightly brown the garlic, onion and mushrooms with 1/4 stick butter in a large frying pan. Then add the wine and another 1/4 to 1/2 stick butter to the frying pan. Heat up the wine sauce for about 10 minutes, but do not boil. Add the roll-ups, cover the pan, and simmer for 20-30 minutes. Pour the wine sauce over the fish on plates. Serves 4.

Randy Guerra

BAKED BLUEFISH
(U.S.A.)

1 1/2 lb. bluefish fillet
1/2 c. mayonnaise
1/2 c. catsup
1 small onion, sliced

Preheat oven to 450°. Place bluefish skin side down on aluminum foil. Place onion slices on fish. Mix mayonnaise and catsup; spread over bluefish and onion. Cover fish tightly with foil and place in baking pan. Bake at 450° for 15-20 minutes, depending on thickness of fish. Serves 4.

Sonia Lingos

CRISP BUTTERFLY SHRIMP
(China)

1 1/2 lb. large raw shrimp

oil for frying

Batter Mix:

3/4 c. flour
1/4 c. cornstarch
1/4 tsp. baking powder
1/2 tsp. sugar
2 eggs
1 c. water
1 tsp. white dry wine

Shell and clean shrimp and split halfway down the back. Open and flatten slightly to look like a butterfly. Put aside. Lightly mix ingredients for batter. (Do not overmix.) When oil is hot for frying, about 350°, dip each shrimp in batter mix and drop in oil, carefully so they won't touch each other. Stir a bit (about 1 minute) or until it's golden brown. Place on top of towels to absorb excess oil. Serve with hot mustard* or duck sauce*. Serves 4-6.

*Available at Chinese markets.

Dr. C. C. Wang

CULLEN SKINK
(Scotland)

1 large Finnan haddock or 8 oz. smoked fillet*
1 medium onion, chopped
salt and pepper
2 pt. water
1 lb. potatoes
1/2 pt. milk
2 oz. butter
chopped parsley (garnish)
4 Tbsp. cream

Put fish, onion, seasoning and water into a large pan and bring to a boil. Cover and simmer for about 20 minutes. Meanwhile, peel, boil and mash potatoes. Lift out fish and leave to cool before taking off flesh. Strain stock and return to the pan. Add flaked fish, milk, butter and potatoes. Bring to a boil and simmer for a few minutes. Correct seasoning and serve garnished with a little chopped parsley and 1 spoonful of cream per person. Serves 4.

*The flavor is best with Finnan Haddock, though any smoked fillet can also be used.

Jean M. Piazza

SZECHUAN FISH
(China)

1 1/2 lb. fish (scrod or haddock)
2 Tbsp. chopped fresh ginger root
4 c. boiling water
1/2 c. peanut oil
4 small red dried peppers
1 clove garlic, chopped
3 Tbsp. fresh scallions
2 Tbsp. soy sauce

Place fish in covered dish. Place 1 tablespoon ginger root and 4 cups boiling water over fish. Do not remove cover for 20 minutes.

Five minutes before fish is done, place oil in small frying pan and, heating slightly, add peppers, chopped garlic and remaining ginger root. Remove fish from water and place on heated dish. Pour hot oil over fish. Sprinkle on scallions and soy sauce. Serve at once. Serves 4.

Elaine Favello

FOIL BAKED FISH
(U.S.A.)

1/2 c. fresh mushrooms, sliced
1 (6 oz.) piece of fish (perch, hake, pollock, etc.)
1 scallion, chopped
4 slices fresh broccoli
3 slices lemon
1/2 tsp. basil
1/2 tsp. parsley

In a piece of foil large enough to wrap and seal around the fish, place in order the mushrooms, fish, scallion, broccoli, lemon, basil and parsley. Wrap and seal tightly. Bake at 375° for about 10 minutes. Serves 1.

Repeat procedure for each additional serving.

Treg Henry

BAKED POLLOCK WITH MUSHROOMS
(U.S.A.)

2 lb. pollock fillets
2 Tbsp. vegetable oil
1/2 lb. mushrooms, sliced
1 c. chopped tomato
1/4 c. chopped onion
1/4 c. diced green pepper
1 Tbsp. lemon juice
1/2 tsp. dried dill
1/2 tsp. salt
dash of pepper

Cut fillets into 6 serving pieces. In skillet heat oil; saute mushrooms, tomato, onion and green pepper for 5 minutes. Add lemon juice, dill, salt and pepper. Spoon half of sauce into a greased baking pan. Top with fish and remaining sauce. Bake in a 350° oven for 20 minutes or until fish flakes. Serves 6.

Treg Henry

SALMON LOAF
(Maine)

1 (16 oz.) can salmon
2 eggs, slightly beaten
1 can cream of celery soup
1 1/2 c. dry bread crumbs

Mix all together thoroughly. Pack into greased loaf pan. Bake 1 hour at 350°. Serves 6.

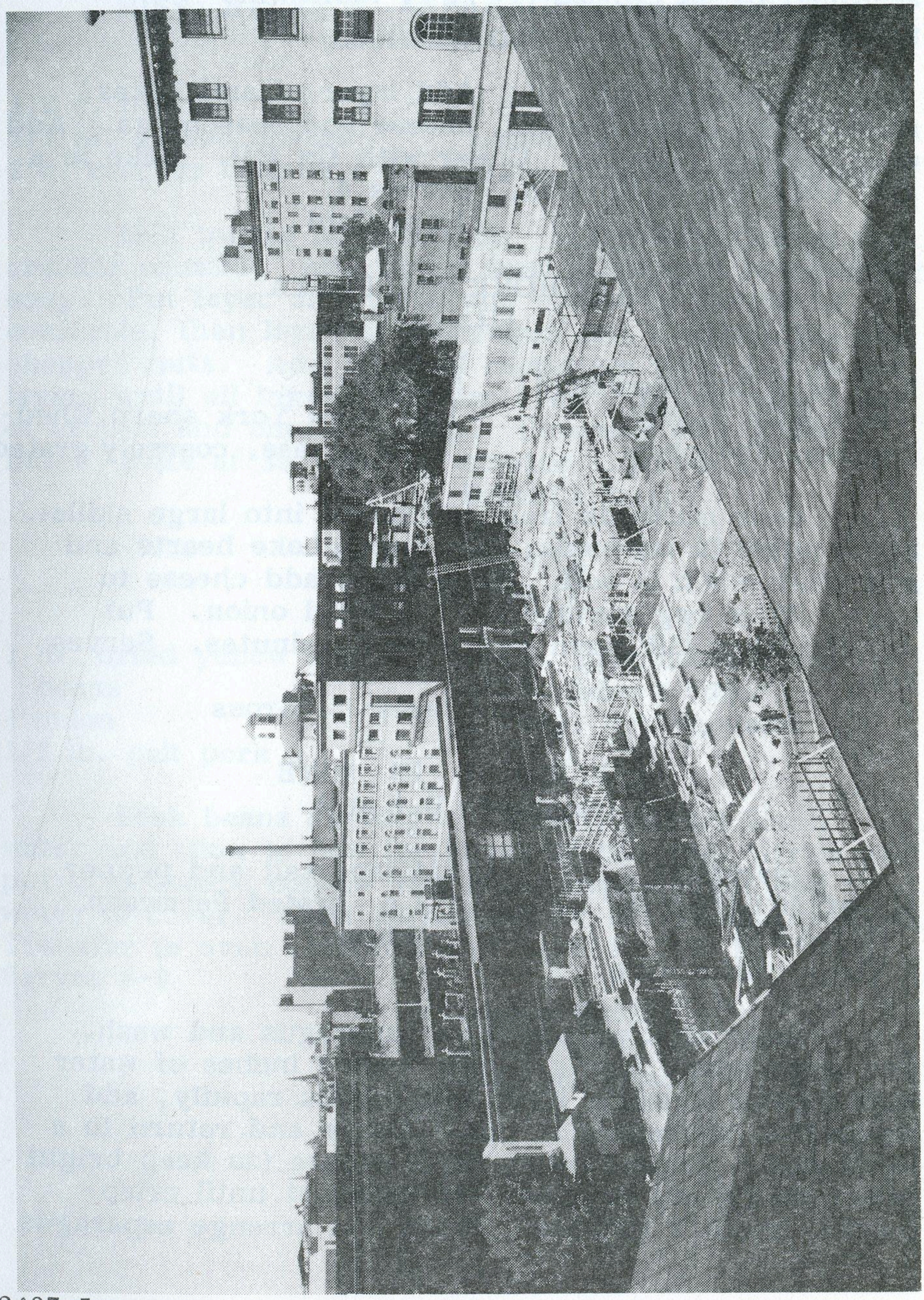
Linda B. White

** EXTRA RECIPES **

** EXTRA RECIPES **

A western view of the construction site, taken in June of 1938 from the Bulfinch roof. In May of 1938, the water was pumped from the excavation, and construction was resumed. The shop barns, where part of the Maintenance Department was situated at that time, are on the corner of Fruit and North Grove Streets in front of the entrance to the hospital. In the photograph, they are visible between the Moseley and Clinics Buildings. The cupola of the Charles Street Jail is visible behind the Clinics Building.

Vegetables



ARTICHOKE CASSEROLE
(Italy)

1 can drained artichoke hearts
1 can drained mushrooms
seasoned bread crumbs
grated Romano cheese
garlic
black pepper (season to taste)
dash of salt
1 c. table wine
oil

Line dish with oil. Add layer of artichokes, mushrooms, bread crumbs, cheese and seasonings. Add wine, then a little oil. Cover with tin foil. Bake in a 375° oven for 30 minutes. Serves 4.

Fran Gobi

ARTICHOKE FRITTATA
(Italy)

2 (6 oz.) jars marinated artichoke hearts
1 onion, chopped
5 eggs
1 lb. New York sharp Cheddar cheese, coarsely grated

Pour marinade from artichokes into large skillet. Saute onion in marinade. Chop artichoke hearts and add after onion is soft. Beat eggs; add cheese to eggs. Pour egg mixture over sauteed onion. Put skillet into a 350° oven and bake 30 minutes. Serves 4-6.

Carey C. Gross

ASPARAGUS IN WINE
(Southern U.S.A.)

1 lb. asparagus
1/4 stick butter or margarine
3 Tbsp. white wine
1/4 tsp. salt and pepper
1/4 c. grated Parmesan cheese

Snap off tough ends of asparagus and wash. Use large heavy frying pan to heat 2 inches of water with a dash of salt. When water boils rapidly, add asparagus, spreading in pan. Cover and return to a rapid boil. Remove cover for 1 minute (to keep bright green color) and re-cover and boil just until crisp-tender, about 6 minutes. Drain and arrange asparagus

in buttered 1-quart casserole. Melt butter; stir in wine. Pour over asparagus; sprinkle with salt, pepper and grated cheese. Bake in moderate oven for 15 minutes. Serves 2-4.

Virginia Rice

MISS BECKY'S ASPARAGUS CASSEROLE
(Southern U.S.A.)

1/2 c. butter
1/2 lb. grated cheese
2 c. cracker crumbs
1 large can asparagus tips
1 can mushroom soup
1/2 c. almonds or pecans

Melt butter in casserole. Mix grated cheese with cracker crumbs. Add liquid from asparagus to mushroom soup. Put layer of crumbs and cheese in bottom of casserole, then layer of asparagus and a sprinkling of chopped nuts. Add layer of mushroom soup and repeat layers until all ingredients are used. Finish with layer of crumbs and cheese on top. Decorate with whole nuts. Bake at 350° for 20 minutes. Serves 4.

Priscilla Burns

BAKED BEANS
(New England)

1 lb. dried yellow eye beans
1 onion
1/2 lb. salt pork
1/4 c. granulated sugar
1/2 c. brown sugar
1 Tbsp. dry mustard

Soak beans overnight. Drain, put on fresh water and allow to boil for about 15 minutes. Drain and put in pressure cooker with other ingredients; add water to cover. Cook 40 minutes at 15 pounds pressure. Transfer to oven casserole and bake at 325° for 1 hour. Serves 6-8.

Louise Hatch
Barbara Carter
Jane McDermott

BAKED BEANS CASSEROLE
(New England)

1 can baked B&M beans
1/2-1 pkg. frozen lima beans
1 Tbsp. brown sugar
1 can baked beans (in tomato sauce)
1 small can kidney beans
1 tsp. dry mustard
pepper
1 large onion
1 clove garlic
3 Tbsp. margarine
1/2 c. ketchup
1/4 c. water
2 Tbsp. vinegar

Combine first seven ingredients and bake 30 minutes in a 300° oven. Reheat next day. Saute onion and garlic in margarine. Mix ketchup, water and vinegar with onion and pour over beans. Garnish with bacon or Canadian bacon, if desired. Serves 8.

Joan Gallery

MICH'S MAGIC BEANS
(Northeast U.S.A.)

1 1/2 c. dry navy beans
4 c. water
2 large cloves garlic
2 small onions or 1 large onion
3 Tbsp. vegetable oil
1 tsp. dry mustard powder
3-4 Tbsp. molasses
2-3 Tbsp. tomato paste
1 tsp. allspice (ground)
1/2 tsp. ginger
1/4 tsp. cayenne pepper
2 tsp. soy sauce
2 Tbsp. lemon juice
3 Tbsp. ketchup
1 large apple, diced
1 large carrot, diced

Sort and clean navy beans. Add to water and soak overnight. Next day add 1 clove garlic and half the onion to beans and cook until fork tender, about 1 hour. A pressure cooker will shorten cooking time.

Saute the remainder of the onion and garlic in oil. Add the remaining ingredients, except the beans, and simmer 10 minutes. Add the mixture to the cooked beans (drain any extra water from beans that didn't evaporate in cooking) and bake for 1 hour at 350°. Delicious, high in fiber, iron and potassium! Serves 6.

Mary Farkas

CHOPPED BROCCOLI CASSEROLE
(U.S.A.)

2 pkg. frozen chopped broccoli
1 can water chestnuts, chopped
1 jar chopped pimentos
1 can cream of celery soup
6-8 oz. sour cream

Cook broccoli; drain and place in casserole. Add chopped water chestnuts, pimentos, celery soup and sour cream; mix well. Bake at 350° until bubbling in center. Serves 4-6.

Janet Saunders

CREAMY BROCCOLI WITH NOODLES
(Northern Italy)

2 c. (8 oz.) chopped fresh broccoli
1/2 c. chopped onion
1 clove garlic, minced
2 Tbsp. butter or margarine
3 Tbsp. flour
2 Tbsp. snipped parsley
1/2 tsp. salt
1/2 tsp. dried oregano
3/4 c. milk
1 1/2 c. Ricotta cheese
2 c. (8 oz.) spinach noodles, cooked, drained and buttered
grated Parmesan cheese

In medium, covered saucepan cook broccoli in a small amount of boiling, salted water until tender, about 8-10 minutes. Drain well. In a large saucepan cook onion and garlic in butter or margarine until onion is tender but not brown. Blend in flour, parsley, salt and oregano. Add milk all at once. Cook and stir until thickened and bubbly. Add Ricotta cheese. Cook and stir until cheese is nearly melted. Stir in cooked vegetables. Heat through. Serve over hot cooked noodles. Sprinkle with Parmesan cheese. Serves 4.

Elaine Favello

SWEET AND SOUR CABBAGE
(Germany)

1/2 stick margarine
1/4 c. brown sugar
1/4 c. cider vinegar
1 head shredded cabbage
dill weed to taste
salt to taste

Brown first three ingredients. Add cabbage with a little water (approximately 1/3 cup). Cook all day. Add more water as needed. Add dill weed and salt to taste. Serves 4.

Kathryn Kolton

CABBAGE STIR-FRY
(U.S.A.)

3 medium potatoes, peeled and cut in 1/2-inch cubes
2 Tbsp. water
2 Tbsp. Teriyaki sauce
1/2 tsp. cornstarch
1/3 c. chopped onion
1 small clove garlic, minced
2 Tbsp. cooking oil
3 c. shredded cabbage
1 Tbsp. snipped parsley

Cook potatoes in boiling water in covered saucepan for 3-5 minutes, or until barely tender; drain well. Combine 2 tablespoons water, Teriyaki sauce and cornstarch; set aside. In skillet cook onion and garlic in hot oil for 1 minute. Add cabbage and stir-fry 2 minutes. Add potatoes and stir-fry 2 more minutes. Add Teriyaki mixture and parsley; cook 1 additional minute. Serves 6.

Bernadette Reilly-Smorawski

BOHEMIAN SAUERKRAUT
(Czechoslovakia)

1 1/2-2 lb. cabbage, chopped
2 medium apples, peeled and diced
1 heaping Tbsp. caraway seeds
1/2 tsp. salt
1 1/2 Tbsp. sugar
3 Tbsp. wine vinegar (or more)

Cook cabbage and apples in about 1 cup water. Add caraway seeds, salt and sugar when mixture comes to a boil. Stir occasionally and add at least 3 tablespoons vinegar. Depending on type or ripeness of cabbage, more vinegar and/or sugar may need to be added. Simmer for another 15 minutes after the last of the ingredients is added, evaporating extra water. This is best served with roast pork or pork chops. Serves 6-8.

Glenn M. LaMuraglia, M.D.

CARROT GLAZE
(U.S.A.)

3 Tbsp. margarine
1 c. brown sugar, packed
1 Tbsp. water
dash of cinnamon
6-8 sliced carrots

Combine ingredients, except carrots, in a small saucepan. Cook over medium-high heat until mixture is syrupy. Pour over cooked carrots and bake in a 375° oven. Stir occasionally to coat carrots evenly. Serves 4-6.

Note: This can also be used for sweet potatoes.

Diane Marino

PUREE OF CARROTS, TURNIPS AND PARSNIPS
(U.S.A.)

3 stalks celery (with leaves), finely sliced
2 c. lettuce, finely sliced
2 Tbsp. unsalted margarine
2 c. (or more) chicken broth (enough to cover vegetables)
3 large carrots, sliced
3 parsnips, sliced
2 small turnips, sliced
1 large onion
6 cloves
1 (10 oz.) box frozen peas

Cook the celery (leaves and tips) and lettuce in 2 tablespoons margarine until wilted. Put cooked celery and lettuce in a heavy pot with the chicken broth, the carrots, parsnips, turnips and the onion stuck with the cloves. Simmer gently for 2 hours. Most of the liquid should be evaporated.

Mash all ingredients together or puree mixture in a food processor just until ingredients are blended. Cook peas according to package directions. Add cooked peas to carrots and turnip mixture. Serve with meat or poultry. Serves 4-6.

Ruth Palombo

BAKED CAULIFLOWER WITH TOMATO, LEMON AND TRIPLE SEC
(U.S.A.)

1 large fresh tomato
2 Tbsp. Triple Sec or orange juice
1/4 tsp. white pepper

2 Tbsp. fresh parsley, chopped
juice of 1 lemon
1 head fresh cauliflower

In a blender mix tomato, Triple Sec, white pepper, parsley and lemon juice. Blend at slow speed for a few seconds. Break cauliflower into pieces. Wash and place in baking pan. Prepare sauce and pour over cauliflower. Cover and bake at 375° for 45 minutes or until soft. Serves 6-8.

Variation: Two 10-ounce boxes frozen cauliflower may be used, if desired.

Ruth Palombo

CELERY PLUS
(U.S.A.)

2 Tbsp. butter
3 c. thin celery crescents, packed down
1 c. very thin carrot rounds, packed down
1/3 c. thin strips green pepper, packed down
1 Tbsp. instant onion
1/4 tsp. salt
1/4 c. and 2 Tbsp. cold water
1 tsp. cornstarch
2 Tbsp. soy sauce

In a 10-inch skillet over low heat, melt butter. Add celery, carrot, green pepper, onion, salt and 1/4 cup water. Cover and simmer until tender-crisp, about 8 minutes. Mix cornstarch, 2 tablespoons water and soy sauce until smooth. Pour this over cooked vegetables and any small amount of liquid in skillet; stir constantly until sauce thickens and covers vegetables with a slight film. Serve at once. Serves 4.

Treg Henry

CHEESE GRITS
(Southern U.S.A.)

5 c. water
1 c. grits (uncooked)
10 oz. extra sharp Cheddar cheese, grated
2 sticks butter
red pepper

Bring water to a rolling boil; stir grits in slowly. When they boil again, turn down, cover and cook slowly for 25-30 minutes. Save a bit of cheese for top; stir in the rest with the butter. Stir until cheese and butter

are melted. Put into buttered casserole dish. Top with a bit of cheese and red pepper to taste. Place briefly into oven to brown top lightly. Serves 4. (This is a super addition to your next brunch!)

Priscilla Burns

CORN PUDDING
(Southern U.S.A.)

3 eggs
2 c. milk
1 Tbsp. melted butter
1 Tbsp. flour
1/2 c. sugar
1 tsp. salt
1 1/2 c. whole kernel corn

Preheat oven to 400°. Grease 1 1/2-quart casserole. In mixing bowl beat eggs and milk until smooth. Add butter, flour, sugar and salt; beat until well blended. Stir in corn. Pour mixture into casserole and bake in the oven for 45 minutes or until set. Serves 4-6.

Virginia Rice

WELSHKANN OYSCHTERS
(Corn Oysters; Pennsylvania Dutch)

2 eggs
2 c. grated corn (fresh or canned)
2 Tbsp. flour
1/2 tsp. salt
1 Tbsp. butter, melted
pinch of black cayenne pepper

Separate eggs and beat whites. Mix corn in flour, egg yolks, salt, melted butter and pepper. Stir in the stiffly-beaten egg whites. Heat cookie sheet in oven to 400°. Drop spoonfuls to look like fried oysters on hot sheet and brown, approximately 5 minutes. Serves 6.

William L. Cain

ONION PIE
(Germany)

1 c. fine saltine cracker crumbs
1/2 c. melted butter
3 c. thinly-sliced onions
2 Tbsp. butter
3/4 c. milk
2 slightly beaten eggs
3/4 tsp. salt

pepper paprika
3/4 c. shredded process cheese

Combine crumbs and melted butter. Pat crumbs around sides and bottom of 9-inch pie pan. Cook onions in 2 tablespoons butter until transparent. Put in pie shell. Combine milk, eggs, salt and pepper. Pour over onions. Put cheese on top and sprinkle with paprika. Bake at 350° for 30 minutes. Serve in wedges. Serves 6-8.

Linda Dinius

PEA CASSEROLE
(U.S.A.)

20 oz. frozen peas
1/2 lb. fresh bean sprouts
1 (8 oz.) can sliced, drained water chestnuts
1 (13 oz.) can mushroom soup
1/2 lb. mushrooms, sliced and sauteed in butter
1 small-sized can French fried onion rings

Mix all ingredients together, except onion rings. Place in 2-quart casserole dish. Top with French fried onion rings. Bake in a 350° oven for 45 minutes. Serves 6-8.

Wendy Potash

PIROGI
(Poland)

Dough:

2 c. flour
2 eggs
4 Tbsp. sour cream
1 Tbsp. melted butter
3 Tbsp. warm water
1/4 tsp. salt

Filling:

3 lb. Russet or Idaho potatoes
1 large onion, diced and sauteed in bacon drippings or margarine (do not brown)
1 (8 oz.) pkg. cream cheese
salt and pepper

Prepare dough by combining flour, eggs, sour cream, melted butter, water and salt. Knead until mixture is smooth and pliable. Let rest under a bowl 10 minutes or longer.

Prepare filling by boiling potatoes; drain well and mash. Saute diced onion in bacon fat or margarine. Add sauteed onion, cream cheese, salt and pepper to the mashed potateos and mix well. Chill mixture before using as filling.

Roll dough out thin and cut into circles with a water glass or biscuit cutter. Place filling in center, fold circles in half and pinch shut. Cook in salted, boiling water for 5-6 minutes. Remove with a slotted spoon. Roll each one in melted butter and serve hot. Serves 6.

Jean Bator

KUGELI - BAKED POTATO PUDDING
(Lithuania)

5 lb. potatoes, scrubbed and grated
1 medium onion, grated
1/4 lb. bacon or salt pork
2 eggs, beaten
1 c. milk, heated slightly
1/2 c. farina, added to milk

Stir all together. Pour into greased baking pan. Bake at 400° for 15 minutes, then at 350° for 45 minutes. Serves 6-8.

Regina Alexander

MASHED POTATO CASSEROLE
(U.S.A.)

2 c. hot mashed potatoes
1 (8 oz.) pkg. cream cheese
1 small onion, chopped fine
2 eggs
1 Tbsp. flour
salt and pepper to taste
paprika

Put mashed potatoes in mixing bowl. Add cream cheese, chopped onion, eggs and flour. Beat slowly to mix, then fast until fluffy. Season to taste. Spoon into greased baking dish. Bake at 300° for 30 minutes. Sprinkle paprika on top. Serves 4-6.

Janet Saunders

HELEN ZARTMAN'S POTATOES
(U.S.A.)

12 medium potatoes
6 Tbsp. butter
1 tsp. salt
1 1/4 c. milk
2 1/4 c. grated Cheddar cheese
2 eggs, beaten

Cook and mash potatoes. Add butter, salt, milk and cheese. Blend over low heat. Remove from heat and add beaten eggs. Mix until all ingredients are well combined. Spoon into a greased 9 x 13 x 2-inch baking pan. Bake at 350° for 30-45 minutes, until golden. Serves 8-10.

Barbara Carter
Judy Lenz

HERBED POTATO BAKE
(Maine)

6 large baking potatoes, unpeeled
1/2 c. butter
2 envelopes onion soup mix
1 Tbsp. rosemary

Preheat oven to 350°. In small saucepan over medium heat, melt butter; stir in onion soup mix and rosemary until blended. Cut potatoes into 1/2-inch slices and place in a 9 x 13-inch baking dish. Toss with onion mixture. Cover and bake 1 hour or until potatoes are done. Serves 12.

Linda B. White

LEMON POTATO PUFF
(U.S.A.)

4 potatoes, peeled, quartered, cooked and mashed
1/2 c. milk
1/3 c. mayonnaise or salad dressing
1 tsp. finely-shredded lemon peel
1 1/2 tsp. fresh lemon juice
1/2 tsp. salt
2 eggs, separated
1/4 c. fine dry bread crumbs
1/4 c. shredded American cheese
2 Tbsp. butter or margarine, melted

Beat together the potatoes, milk, mayonnaise (or salad dressing), lemon peel, lemon juice, salt and egg yolks. Beat the egg whites to stiff peaks. Fold into potato mixture. Pile mixture into a 6-cup souffle dish. Combine remaining ingredients and sprinkle on top. Bake in a 350° oven for 55-60 minutes. Serves 6.

Bernadette Reilly-Smorawski

REFRIGERATOR MASHED POTATOES
(U.S.A.)

5 lb. potatoes
1 c. sour cream
1 tsp. salt
2 Tbsp. margarine
2 (3 oz.) pkg. cream cheese
2 tsp. onion salt
1/4 tsp. pepper

Cook potatoes in salted water; drain and mash until smooth. Add all other ingredients and beat until light and fluffy. Cool, cover and place in refrigerator. This may be used anytime within 2 weeks.

To use, place desired amount in greased casserole, dot with butter and bake at 350° for about 30 minutes. Serves 12.

Kerry Darin
Patty Austen

RUMBLEDETHUMPS
(Scotland)

1 lb. potatoes, cooked and mashed
1 lb. cabbage, cooked
2 oz. butter
1 medium onion, finely chopped
1-2 Tbsp. chopped chives
2 oz. grated cheese
salt and freshly-ground black pepper

Melt butter in a large pan; add the onion and cook gently for 5 minutes without browning. Now add potatoes, chives and cabbage; mix thoroughly. Season and put into a pie dish. Cover with cheese and brown under the grill or in the oven. Serve hot. Serves 8.

Jean Piazza

ANITA D'S SWEET POTATO FLUFF
(U.S.A.)

4-6 cooked sweet potatoes
3 well-beaten eggs
1/3 c. sugar
1/2 c. milk
2 Tbsp. orange juice
1 tsp. salt
1/4 c. melted butter
1 tsp. baking powder

Mash potatoes fine. Add eggs, sugar, milk and orange juice; beat well. Add salt and melted butter. Whip in baking powder last. Place in a greased dish and bake for 30 minutes or until brown. Serves 4-6.

Brenda M. Ferdinand

GRANDMOTHER'S SWEET POTATOES
(Southern U.S.A.)

3-4 sweet potatoes
1/2 stick butter
1/2 c. brown sugar
1 c. black walnuts or pecans, chopped
1 tsp. salt
1 1/2 oz. whiskey
marshmallows

Peel potatoes, boil until tender, and mash. Add other ingredients, except marshmallows. Put into casserole dish. Arrange marshmallows on top to cover. Bake at 350° until marshmallows are brown. Watch carefully at end; they can burn if forgotten! Serves 6-8.

Priscilla Burns

SWEET POTATO CASSEROLE
(Southern U.S.A.)

6 sweet potatoes
1 c. apricots
1 c. apricot juice
1 1/4 c. brown sugar
1 1/2 Tbsp. cornstarch
1 tsp. orange rind
1/8 tsp. cinnamon
2 Tbsp. butter
1/2 c. pecan pieces

Peel potatoes, slice thick and boil until tender. In a buttered casserole layer potatoes and apricots. Combine remaining ingredients and boil until thick. Pour over layered apricots and potatoes. Bake at 350° for 20 minutes. Serves 6-8.

Joan Elkin

SPINACH BALLS BY MICHAEL
(U.S.A.)

1 pkg. frozen chopped spinach
1 c. stuffing (Pepperidge Farm)
1/2 large onion, chopped
2 eggs, beaten
a little thyme
1/3 c. melted butter
1/4 c. Parmesan cheese
1/4 tsp. garlic salt
1/3 tsp. pepper

Mix together. Refrigerate to firm mixture. Shape into balls. Freeze or use when needed. Bake at 350° for 15-20 minutes. Serves 4.

Treg Henry

SPINACH CASSEROLE
(U.S.A.)

2 pkg. frozen chopped spinach
6 Tbsp. butter
6 Tbsp. Parmesan cheese or grated Cheddar cheese
6 Tbsp. cream
1 medium onion, chopped
1/2 c. soft bread cubes

Cook spinach; drain well. Add onion, cream cheese and 4 tablespoons butter. Mix remaining butter with bread cubes. Place spinach mixture in well-greased casserole with bread cubes on top. Bake, covered, at 400° for 15 minutes or until bread is light brown. Serves 6.

Sandra Hession

SPINACH QUICHE QUICKLY
(France)

3 eggs
1 c. milk
1 c. flour
1 tsp. baking powder
1 tsp. salt
1/2 c. chopped onion
2 pkg. frozen, thawed, drained, cut up spinach (uncooked), or 1 lb. fresh spinach
3/4 lb. Swiss cheese
3/4 lb. Muenster cheese
grated Parmesan cheese

Grease a 13 x 9-inch pan. Mix first five ingredients together. Chop Swiss cheese and Muenster cheese and add to batter with onion and spinach.

Pour into greased pan. Sprinkle Parmesan cheese on top. Bake 35 minutes in a 350° oven. This freezes well. Reheat at 325° for 10 minutes. It makes a wonderful hors d'oeuvre; cut into 48 squares. Serves 15-20.

Virginia Petrino

FRENCH TOMATOES
(France)

6 large firm tomatoes, peeled and thickly sliced
4 Tbsp. vegetable oil
2 Tbsp. vinegar
1 tsp. salt
1/2 c. chopped parsley
1 small onion, diced or grated
2 tsp. sugar

In long flat Pyrex dish place tomato slices. Mix other ingredients and spoon over tomatoes. Marinate 2 hours in refrigerator and serve immediately. (Do not make the day before.) Serves 6.

Janet Saunders

TOMATO PUDDING
(U.S.A.)

3 c. (14 slices) Pepperidge Farm white bread
3/4 c. melted butter
1 (16 oz.) can tomato sauce
1 1/2 c. brown sugar

Remove crusts and cube bread. Pour melted butter over cubes. Cook tomato sauce with brown sugar for 5 minutes. Combine tomato mixture with bread in 1-quart casserole. Bake at 350° for 45 minutes. Serves 4-6. (It's easy to multiply for large gang.)

Patty Austen

ZUCCHINI CRESCENT PIE
(U.S.A.)

4 c. thinly-sliced zucchini
1 c. chopped onion
1/2 c. butter
1/2 c. chopped parsley
1/2 tsp. salt
1/4 tsp. garlic powder
1/4 tsp. basil
1/4 tsp. oregano
2 eggs, well beaten
8 oz. shredded Mozzarella cheese
1 (8 oz.) can refrigerated crescent rolls
2 tsp. Dijon mustard

Preheat oven to 375°. Melt butter in skillet; cook onion and zucchini for 10 minutes and stir in seasonings. Blend eggs and cheese and add to vegetable mixture. Separate crescent rolls and press over bottom and sides of ungreased glass pie plate. Spread mustard over crust. Pour in vegetable mixture, spreading evenly. Bake for 15-20 minutes, until knife in center comes out clean. Serves 8.

Barbara Casgrano

ZUCCHINI FRITTE CON LA FASTELLA
(Italy)

1 lb. zucchini
1 c. water
2/3 c. flour
vegetable oil
salt

Wash zucchini and slice thin. Put water in a wide soup bowl and sift in the flour a little at a time, beating constantly with a whisk, until the batter is thick (about like pancake batter).

Fill a skillet with vegetable oil about halfway up the side and heat over medium-high heat until a drop of batter cooks almost instantly. (Do not let oil smoke.) When oil is ready dip zucchini slices in batter and slip into oil. Cook only as many at one time as will float loosely in a single layer.

When golden one one side, turn over. When the other side has a crust as well, place on absorbent paper and sprinkle with salt. Continue until all slices are fried. Serve at once. This recipe works well with onion rings also. Serves 4-6.

Eric Proctor

NEWMARKET ZUCCHINI
(U.S.A.)

2 lb. zucchini, sliced
1/4 c. butter
3/4 tsp. salt
1/4 tsp. pepper
3 Tbsp. frozen orange juice concentrate, thawed
3 Tbsp. Irish Mist

Cook zucchini in butter until tender crisp. Add remaining ingredients; stir until heated. Garnish with slivered orange peel. Serves 6-8.

Donna Brazao

ZUCCHINI PIE
(U.S.A.)

3 c. shredded zucchini
4 eggs
1/2 c. grated Parmesan cheese
1 c. Bisquick
1/2 c. chopped onion
1 piece garlic, crushed (with onion)
2 tsp. fresh parsley, chopped
1/2 tsp. oregano
1/2 c. Wesson oil
dash of salt

Combine all ingredients. Mix with electric mixer. Pour into buttered 9-inch pie tin. Bake at 350° for 30 minutes or until golden brown. Serves 6-8.

Barbara Greeley

VEGETABLE MEDLEY
(Midwest U.S.A.: Indiana)

1 1/2 c. onion rings
1 1/2 c. carrots, sliced
2 c. celery, sliced
3/4 c. green pepper, cut in chunks
2 c. canned tomatoes
2 c. cut green beans or 1 pkg. frozen
4 Tbsp. butter
2 1/2 tsp. salt (or less)
1/2 tsp. pepper
1 Tbsp. sugar
3 Tbsp. tapioca

Place all vegetables into greased casserole. Add butter; sprinkle salt, pepper, sugar and tapioca over all. Cover and bake at 350° for 2 hours. Stir once or twice while cooking. Uncover for last 5 minutes. Serves 12.

Kathryn Lemmel

The front entrance of the hospital in September, 1938, during the construction. The erection of the steel frame for the White Building had begun in August. Looking up Grove Street, you can see the Clinics Building on the left and Moseley on the right. (The Emergency Ward was situated on the side of the Moseley Building adjacent to the Bulfinch yard, and was entered via the horseshoe-shaped drive in front of the hospital.)

Breads, Rolls, Pies & Pastry

BANANA NUT BREAD
(U.S.A.)

2 c. flour
4 tsp. baking powder
1 tsp. salt
1 c. sugar
1 tsp. baking soda
1 tsp. vanilla
1/2 c. oil
2 eggs
1/2 c. crushed walnuts
1/2 c. milk
3 bananas (on the soft side)

Mix dry ingredients and blend in the rest. Bananas have to be mashed. Pour into greased and floured loaf pan. Bake at 350° for approximately 1 hour. Makes 1 long loaf. Serves 8-10.

Robert Gavazzi

MEXICAN CORN BREAD
(Mexico)

2 eggs
1/4 c. salad oil
1 fresh jalapeno pepper, seeded and chopped
1 (about 9 oz.) can cream-style corn
1/2 c. sour cream
1 c. yellow cornmeal
1/2 tsp. salt
2 tsp. baking powder
2 c. (8 oz.) sharp Cheddar cheese, coarsely grated

In a large bowl beat eggs and salad oil until well blended. Add chopped jalapeno pepper to egg mixture and add creamed corn, sour cream, cornmeal, salt, baking powder and 1 1/2 cups of the grated cheese. Stir until thoroughly blended.

Pour into a greased 8-inch square pan. Sprinkle remaining 1/2 cup of cheese evenly over the top. Bake at 350° for 1 hour or until toothpick inserted in center comes out clean and crust is lightly browned. Serve warm. Serves 6-8.

Variations: Add crumbled, cooked bacon, sauteed sausage meat, diced ham, etc. to batter before baking.

This may be frozen. Cool and wrap in freezer paper and freeze. To reheat, wrap in foil and place in a preheated 300° oven. Heat 1 hour.

Frances M. Dyer

DILLED COTTAGE CHEESE BREAD
(Canada)

1 tsp. sugar
1/2 c. warm water
1 pkg. or 1 Tbsp. active dry yeast
1 egg
2 Tbsp. sugar
1 Tbsp. soft butter
1 tsp. salt
1 tsp. dried dill weed
1 tsp. dill seed
1/4 tsp. baking soda
1 c. small curd creamed cottage cheese, heated to lukewarm
2 1/2-2 3/4 c. all-purpose flour

An easy and unusual loaf, fragrant with dill and cheese. Delicious served warm with a soup-and-salad supper!

In mixing bowl dissolve 1 teaspoon sugar in warm water. Sprinkle yeast into water and let stand 10 minutes, until frothy. Add egg, 2 tablespoons sugar, butter, salt, dill weed, dill seed, baking soda and cottage cheese; mix well until blended. Add 1 cup flour and beat 2 minutes with electric mixer or vigorously by hand. Gradually mix in remaining flour to make a sticky dough.

Cover and let rise in a warm place until doubled, about 1 hour. Turn into a greased, 6-cup souffle dish or casserole. Let rise again until doubled, about 45 minutes. Bake in a 350° oven for 40-45 minutes, or until loaf sounds hollow when tapped. Remove from dish and cool on rack. If desired, brush top with butter while warm. Serves 6.

Dr. and Mrs. Ian Waters

CRANBERRY-FRUIT NUT BREAD
(New England)

2 c. flour
1 c. sugar
1 1/2 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt
1/4 c. margarine
3/4 c. orange juice
1 Tbsp. grated orange rind
1 egg, well beaten
1/2 c. chopped nuts
1 c. raisins
2 c. cranberries, chopped

Sift together flour, sugar, baking powder, baking soda and salt. Cut in margarine until mixture

resembles coarse cornmeal. Combine orange juice and grated orange rind with well-beaten egg. Pour all at once into dry ingredients, mixing just enough to dampen. Carefully fold in nuts, raisins and cranberries.

Spoon into greased loaf pan, 9 x 5 x 3 inches. Bake at 350° for 1 hour or until crust is golden brown and knife inserted in center comes out clean. Remove from pan after 1/2 hour. Cool. Bread will keep well in refrigerator if properly wrapped. Serves 12.

Nancy Pamas

DATE NUT BREAD
(U.S.A.)

8 oz. dates, chopped
1/2 tsp. baking soda
1/2 tsp. salt
1 Tbsp. butter
1 1/2 tsp. margarine
1 c. boiling water
1 tsp. vanilla
1/2 tsp. cinnamon
3/4 c. sugar
1 egg
1 1/2 c. flour, sifted
1/4 c. chopped walnuts
brandy

Set oven temperature at 325°. Pour boiling water over dates, soda, salt, butter and margarine. Let this cool. Add vanilla, cinnamon and sugar. Beat egg and mix well with other ingredients. Add sifted flour and walnuts. Bake in greased, floured loaf pan for 1 hour. Sprinkle with brandy upon removal from oven. Roll in towel until cool. Serves 10.

Barbara Casgrano

PORTUGUESE EASTER BREAD
(Portugal)

3 yeast cakes
1 c. lukewarm water
12 c. flour
1 Tbsp. salt
2 c. lukewarm milk
1/2 lb. butter, melted
3 c. sugar
12 eggs, beaten

Dissolve yeast in lukewarm water and set aside. Sift flour and salt together in a large pan. Mix sugar and eggs with the lukewarm milk. Add this mixture to the flour. Add yeast. Knead until it has the consistency of bread dough. Add the butter, kneading a little more and adding milk as necessary. Cover and let rise

until double in bulk, usually overnight. Divide the dough into round, slightly flat loaves. Roll in flour. Place in greased pan plates. Bake in a 350° oven until golden brown. Makes 12-15 loaves.

Optional: For true Easter Bread, place 1 egg (shell and all) in center of loaf before baking.

Rosemary Jaromin

GARLIC BREAD
(New Haven, Connecticut)

Italian bread
butter
salt and pepper
garlic powder
parsley
oregano

Slice the bread lengthwise. Butter liberally all over. Cut into slices. Sprinkle salt and pepper on top, then cover with garlic. Lightly add oregano (not more than 1 teaspoon for one normal loaf of Italian bread). Broil for less than 5 minutes or until lightly browned. Watch carefully. Cover with parsley for looks. Yields 1 loaf.

Sue Pursell

SWEDISH CARDAMOM BREAD RING
(Vetekrans; Sweden)

1 envelope active dry yeast
1/4 c. lukewarm water
1 tsp. sugar
1/2 c. butter, softened
1/3 c. sugar
1 tsp. ground cardamom
3/4 c. scalded milk
2 eggs, lightly beaten
3 c. flour
1/2 tsp. salt

Almond Paste Filling:

7 oz. almond paste
1/4 c. butter, softened
1 egg yolk, beaten

Dough: Put yeast in 1/4 cup lukewarm water with 1 teaspoon sugar for 10 minutes. In large bowl combine butter, sugar, cardamom and salt. Stir scalded milk into butter mixture and let cool. Stir in yeast mixture and eggs. Gradually beat in 3 cups flour or enough to make soft dough. Knead in about 1 1/4 cups

more flour until dough is smooth and satiny. Form into ball, place in buttered bowl and let rise, covered, for 1 hour or until doubled. Punch down and roll out into a 10 x 18-inch rectangle. Spread Almond Paste Filling over dough. Roll up lengthwise and put on buttered baking sheet with seam side down, pinching ends together to form ring.

Snip dough with scissors at 1/2-inch intervals almost to center of ring. Pull and twist each cut slice, layering it flat on baking sheet to form ring. Let rise, covered, for 30 minutes. Brush ring with 1 egg white, lightly beaten, and sprinkle with 1 teaspoon sugar. Bake 35-40 minutes at 325° or until golden. Recipe adapts well to food processor. Bread freezes well.

Almond Paste Filling: Mix ingredients together.

Marilyn Swenson

BRAIDED TEA RING
(Ireland)

1 1/4 c. milk
2 pkg. yeast
3 eggs
3 tsp. salt
1/3 c. sugar
4 1/4 c. flour
1/4 c. oil

Heat milk to about 80°. Put milk in bowl and add yeast. Add all three eggs, salt and sugar. Beat well until smooth. Add flour, when partially mixed. Add the oil. Knead and let rise about 2 hours. Knead again and let rise about 45 minutes. Braid.

Place custard cup in middle of cake pan and place bread around upside-down cup and let rise until doubled. Brush with beaten egg. Bake at 400° for about 15 minutes, until golden brown on top. Serves 6-8.

Barbara Gorman

LEMON TEA BREAD
(U.S.A.)

6 Tbsp. margarine
1 c. sugar
2 eggs
rind of 1 lemon
1 1/2 c. flour
1 tsp. baking powder
1/2 tsp. salt
1/2 c. milk
1/2 c. chopped nuts

Topping:

juice of 1 lemon 1/3 c. sugar

Cream sugar and margarine; add eggs and beat. Mix in remaining ingredients, flour last; fold in nuts. Bake in bread pan at 350° for 1 hour. Cool 5 minutes. Yields 1 loaf.

Topping: Dissolve sugar in lemon juice and pour over bread.

Jane McDermott

LEMON BREAD
(Southern U.S.A.)

2 1/2 c. all-purpose flour
1 1/2 c. sugar
3 tsp. baking powder
1/2 tsp. salt
3/4 c. orange juice
3/4 c. cooking oil
2 tsp. lemon extract
4 eggs

Glaze:

1 1/2 c. powdered sugar 1/2 c. lemon juice

Heat oven to 325°. Grease and flour two loaf pans. In a large bowl mix all ingredients, except glaze ingredients; mix well. Pour into prepared pans. Bake 40-50 minutes, until toothpick comes out clean. Remove from oven and prick with a fork.

Blend glaze ingredients until smooth. Then spoon over cake while in pan. Let stand until cool. Remove and enjoy! Yields 2 loaves.

Pat Beckles

MRS. WOOL'S IRISH BREAD
(Ireland)

3 c. sifted flour
1 c. sugar
1 tsp. salt
3 tsp. baking powder
1 beaten egg
1 c. sour cream
1 stick melted butter
1 c. raisins

Sift together flour, sugar, salt and baking powder. Add to this the beaten egg, sour cream, melted butter and raisins. Mix thoroughly. Grease bread pan. Sprinkle sugar on top of bread in pan. Bake in a preheated oven at 350° for 45 minutes to 1 hour. Serves 10-12.

Christine Madden
Mary Kelly
Bernadette Reilly-Smorawski

IRISH BREAD
(Ireland)

2 c. flour
1/2 tsp. soda
2 tsp. baking powder
1 Tbsp. sugar
1/2 tsp. salt
3 Tbsp. softened oleo
1/2 c. raisins
2 tsp. caraway seeds
1 c. sour milk

Sift together dry ingredients; cut in oleo. Add raisins and seeds. Mix. Add milk; mix thoroughly. Turn into a greased and floured 9-inch pie pan. Bake at 350° for 30 minutes, until golden brown. Serve hot. Yields 1 loaf.

Dorothy Kelly, M.D.

IRISH BREAD
(Ireland)

4 c. flour
1/2 c. sugar
1/2 stick butter
1/2 tsp. salt
4 tsp. baking powder
1 1/2 c. raisins
1 1/2 c. milk
1 egg
caraway seeds (optional)

Mix all dry ingredients. Crumble butter through flour mixture with your fingers. Add raisins. Beat egg; add milk to the egg. Add all but a teaspoon of this to dry ingredients to make a stiff dough. Roll out and place into a round pan (glass pie plate). Make a cross on top and brush top with the teaspoon of left-over egg and milk mixture. Sprinkle top with sugar. Bake at 375° for 1 hour, or until tester comes out clean. Overbaking results in dryness. Number of servings varies, depending on serving size. Anne Fiore

IRISH BREAD
(Ireland)

3 1/2 c. flour
1/2 c. sugar
3 tsp. baking powder
1 tsp. salt
6 Tbsp. margarine
(room temperature)
1 c. seedless raisins
1 Tbsp. caraway seeds
(optional)
3/4 c. milk
2 eggs

Sift together first four ingredients into large bowl. Rub in margarine and add raisins, mixing through dry ingredients. Add slightly-beaten eggs, saving a little to rub over top of bread before baking. Add milk. Mix to a dough and knead lightly until smooth.

Bake in greased tin at 350°. In a deep 9-inch round tin bake 1 hour; in two 1-pound loaf-sized tins bake 45 minutes. Yields 1-2 loaves.

Catherine Looney

ROSCOMMON IRISH BREAD
(Ireland)

4 1/2 c. flour
5 tsp. baking powder
1 1/2 tsp. salt
1/4 tsp. baking soda
1/2 c. sugar
1 c. shortening
1 c. raisins
2 eggs, beaten
3/4 c. Irish Mist
1 1/4 c. milk
1/2 c. orange marmalade

Combine first five ingredients. Cut in shortening. Add raisins. Mix remaining ingredients; blend all. Pour into greased 10-inch iron frypan or 3-quart casserole. Bake in preheated 325° oven for 70-80 minutes. Serve hot with butter. Serves 12-15.

Donna Brazao

OATMEAL BROWN BREAD
(Canada)

1 c. rolled oats
1 Tbsp. butter
2 c. boiling water
1/4 c. warm water
1 yeast cake or scant
1 Tbsp. dry yeast
1 tsp. salt
3/4 c. molasses
6 c. flour

Pour 2 cups boiling water over oats and butter combined. Let stand until lukewarm. Dissolve yeast in 1/4 cup warm water. Combine all ingredients and knead 8 minutes, or until smooth with elastic surface. Let rise until double in bulk, at least 1 hour. Form into 2 loaves (or rolls) and put into greased pans. Let rise again. Bake at 350° for approximately 35 minutes, or until loaves sound hollow when knocked with the knuckles. Delicious. Yields 2 loaves.

Joseph Kubilus

AUNT SOPHIE SEARS' OATMEAL BREAD
(New England)

2 c. regular Quaker oats
1 c. Wheaties
3 c. boiling water
1 Tbsp. sugar
1 Tbsp. butter or margarine
1 Tbsp. dry yeast, dissolved in 1/4 c. lukewarm water
1 c. molasses
5 c. flour

Mix first five ingredients and let stand until lukewarm. Add yeast dissolved in lukewarm water, molasses and flour. Hand stir. Cover with a dish towel and set in a warm place. Let rise to double its bulk, about 2-3 hours, depending on the weather. Jab down with a large spoon.

Divide and fill two greased loaf pans approximately half full. Cover with towel and let rise until doubled. Bake in a 350° oven from 45 to 60 minutes. Take out loaves when they have just barely stopped sizzling; you have to put your ear to them and listen.

Remove immediately from pans, set on cooling rack, and rub margarine or butter on tops. The appearance of the loaves is unpredictable, but, tasty ingredients! Yields 2 loaves.

Dr. and Mrs. John D. Crawford

FRESH ORANGE BREAD AND BUTTER
(U.S.A.)

3 oranges
1 1/2 c. sugar
1/3 c. water
1/4 c. butter
2 eggs, beaten
4 c. flour
4 tsp. baking powder
1/2 tsp. baking soda
1 tsp. salt

Using a vegetable peeler, remove just the orange part from the oranges. Stack pieces of peel in small piles and cut into very thin slivers using a sharp knife. (You should have 3/4 cup.) Cut oranges in halves and squeeze to make 1 1/3 cups juice.

Preheat oven to 325°. Combine sugar and water in a medium saucepan and add orange slivers; cook over medium heat, stirring constantly, until sugar dissolves and syrup boils. Lower heat and continue to cook for 8 minutes. Syrup and peel should now measure 1 1/3 cups. Add butter and stir until melted. Cool slightly and add reserved orange juice and eggs.

Sift dry ingredients together in a bowl. Add sugar mixture and stir until flour mix is blended. Do not overmix. Turn batter into two greased loaf pans. Bake 45-50 minutes or until done. Cool completely on racks. Wrap tightly and store in fridge or freezer. Yields 2 loaves.

Orange Butter:

1/2 c. softened butter
1 Tbsp. orange peel, grated
1 tsp. honey

Combine all these.

Bernadette Reilly-Smorawski

POTATO BREAD OR ROLLS
(U.S.A.)

1 pkg. active dry yeast
1/2 c. hot mashed potatoes
1/4 c. shortening
1/4 c. sugar
1 1/2 tsp. salt
1 c. milk, scalded
1 egg
4-4 1/2 c. sifted all-purpose flour
1/4 c. warm water

Soften yeast in warm water (110°). Combine potatoes, shortening, sugar, salt and hot milk. Cool to lukewarm. Add softened yeast and egg. Stir in 2 cups flour; beat well. Stir in remaining flour (or enough to make a soft dough). Knead on lightly floured surface until smooth and elastic, 6-8 minutes. Place on a lightly greased surface. Cover and let rise until double in bulk, about 1 hour. Punch down. Shape in ball. Cover and let rest 10 minutes. Shape in rolls or loaves.

Place in greased loaf pans or baking sheet. Let rise until almost double in bulk, about 1 hour. Bake in a hot oven (400°) for 10-12 minutes. Yields 2 loaves or 2 dozen rolls.

Rosemary Jaromin

PUMPKIN BREAD
(New England)

4 whole eggs
3 c. dark brown sugar
1 c. vegetable oil
1/3 c. water
2 c. pumpkin
3 1/2 c. sifted flour
2 tsp. baking soda
1 1/2 tsp. salt (optional)
1 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. ginger
1 1/2 c. dates
1 c. chopped pecan nuts

Beat eggs gently with sugar. Add oil, water and pumpkin. Add flour, soda, cinnamon, nutmeg and ginger. Add dates and nuts. Bake at 350° for 1 hour in 3-4 small, greased and floured loaf pans. Yields 3-4 small loaves.

Elizabeth Pattillo

RAISIN APPLE BREAD
(New England)

1 pkg. dry yeast
1/4 c. warm water
1 3/4 c. milk
1/2 c. sugar
4 Tbsp. butter (1/2 stick)
2 tsp. salt
1 1/3 c. raisins
1 1/3 c. chopped, peeled apples
5 1/2-6 1/2 c. flour
1/2 c. sugar
3 tsp. cinnamon

Soak raisins in boiling water for 1 hour or overnight in sherry. Drain.

Dissolve yeast in warm water and set aside. Scald milk; add sugar, butter and salt. Stir until butter is melted. Cool. Add yeast mixture, raisins and apples. Stir in flour, one cup at a time, to form a stiff dough.

Turn onto floured board and knead until smooth. Place in buttered bowl. Turn to grease top, cover with a towel and let rise until doubled in warm, draft free

place. Punch down, turn onto floured board and knead for several minutes. Return dough to bowl and let rise for 45 minutes. Divide dough into two equal pieces. Roll into rectangles 8 inches wide and 1/4 inch thick.

Brush dough with water to moisten. Mix sugar and cinnamon; sprinkle 1/2 of mixture on each rectangle. Roll up tightly and place seam side down in greased 8-inch loaf tins. Cover and let rise until doubled. Bake in preheated 375° oven for 30-40 minutes. If tops become too dark while baking, cover with tin foil. Brush tops with butter once out of oven. Yields 2 loaves.

M. Vadnais

MARY ANNE'S SPOON BREAD
(Southern U.S.A.)

2 c. water
1 c. cornmeal
1 c. milk
1 Tbsp. shortening
2 eggs
1 tsp. salt

Cook meal and water 5 minutes. Add milk, shortening and salt. Fold in well-beaten eggs. Pour into well-oiled 1-quart casserole. Bake 25 minutes at 400°. Serves 6.

Annie Galbraith

STRAWBERRY BREAD
(Tennessee)

1 1/4 c. oil
3 c. flour
1 tsp. baking soda
1 tsp. salt
3 tsp. cinnamon
2 c. sugar
3 beaten eggs
2 (10 oz.) pkg. frozen strawberries, thawed
1 c. chopped pecans

Mix all ingredients together and blend well. Stir in pecans, if desired. Pour mixture into two greased and floured 9 x 5 x 3-inch loaf pans and bake at 350° for 1 hour. Yields 2 loaves.

Patricia A. McGrail

SUGAR PLUM BREAD
(Canada [French])

2 pkg. active dry yeast
1/3 c. warm water
1 c. milk, scalded
1/2 c. sugar
1/4 c. shortening
1 1/2 tsp. salt
5 c. sifted flour
2 beaten eggs
1/2 tsp. vanilla
1/4 tsp. nutmeg
1/2 c. chopped mixed fruits and peels (apples, cherries)
1 c. seedless raisins

Soften dry yeast in water. Combine scalded milk, sugar, shortening and salt; cool to lukewarm. Stir in 1 1/2 cups flour; beat vigorously. Add eggs; beat well. Stir in yeast, vanilla and nutmeg. Add chopped fruits and peels, raisins and remaining flour to make soft dough.

Turn dough onto well floured surface and knead until smooth and elastic-like. Place in lightly greased bowl, cover and let rise for about 2 hours. Put in a loaf pan; bake at 350° for 20 minutes. Sprinkle top with icing; decorate with nuts. Yields 1 loaf.

Icing:

1 c. confectioners sugar
1/2 tsp. vanilla
3-4 tsp. water
nuts (optional)

Mix to pouring consistency; drizzle over bread.

Jeanne Benoit

MASSA SOUVADA
(Portuguese Sweet Bread; Portugal)

3 Tbsp. anise seeds
1/4 c. warm water
2 pkg. yeast
1 c. sugar
1/4 c. butter
1 c. hot milk
1/4 tsp. salt
3 eggs, well beaten
5 c. flour

In warm water soak anise seeds. Remove seeds and add yeast and 1 tablespoon sugar to water. In a large bowl mix remaining sugar, butter, hot milk and salt, stirring until butter melts. Cool. Add eggs, followed by yeast mixture. Gradually add flour, beating

well until smooth. Knead on floured board until smooth and blistered, 5-10 minutes. Add flour as needed. Place in buttered bowl, cover and let rise in warm place until double, approximately 2 hours.

Punch down; shape into 2 round loaves. Place in buttered deep pie plates, cover with plastic wrap and warm towel, and let rise 1 hour. Brush with milk. Bake at 350° from 40 to 45 minutes or until golden brown. Cool on sides on rack. This bread is delicious toasted and buttered! Yields 2 loaves.

Hilda Sequeira

QUICK WHEAT BREAD
(Pacific Northwest; Oregon)

1 1/2 c. whole wheat flour
1 c. all-purpose white flour
1/2 c. quick-cooking rolled oats
1/2 c. packed brown sugar
1 Tbsp. finely-shredded orange peel
2 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt
1 3/4 c. buttermilk or sour skim milk*
1 egg
1/8 c. shelled sunflower seeds or 1/4 c. chopped walnuts

*To make sour milk, place 2 tablespoons lemon juice or vinegar in a 2-cup measure, then add milk to make 1 3/4 cups.

In a large bowl combine whole wheat flour, white flour, oats, sugar, orange peel, baking powder, baking soda and salt until well blended. Add milk and egg. Stir just until ingredients are moistened. Stir in sunflower seeds or walnuts.

Oil a 1 1/2-quart casserole dish. Pour batter into greased casserole. Bake in a 350° oven for 50-60 minutes or until bread tests done. If necessary, cover loaf with foil during the last 15 minutes of baking to prevent overbrowning. Cool in casserole for 10 minutes; turn onto wire rack. Yields 1 loaf.

Cari Nierenberg

SHREDDED WHEAT BREAD
(U.S.A.)

2 pkg. active dry yeast
1/3 c. warm water (lukewarm)
3 c. boiling water
6 large Shredded Wheat biscuits
1/3 c. butter or margarine
3 Tbsp. sugar
1 Tbsp. salt
1/2 c. molasses
8 c. sifted flour

In a cup soften yeast in lukewarm water. In a large bowl pour boiling water over Shredded Wheat. Mix in butter, sugar, salt and molasses. Let it stand until lukewarm. Stir in yeast liquid. Beat in 1 cup flour at a time until gone. (Great exercise!)

Place dough on floured board and let stand 10 minutes. Then knead until elastic. Put in large greased bowl and let it rise until double in bulk. Punch down and divide into 3 equal pieces. Knead each. Shape into loaves and place in greased and floured pans. Let rise again. Bake 15 minutes at 425°, then 30 minutes at 375°. Yields 3 loaves.

Bernadette Reilly-Smorawski

ZUCCHINI BREAD
(Italy)

3 eggs
1 c. oil
2 c. sugar (1 white, 1 brown)
2 c. grated raw zucchini
3 c. flour
1 tsp. baking powder
3 tsp. cinnamon
1 tsp. salt
1 c. raisins
1 c. nuts, chopped

Beat eggs and add oil and sugar. Alternate adding zucchini with dry ingredients (flour, baking powder, cinnamon and salt). Finally, add raisins and nuts. Cook at 350° in the oven for 1 hour and 15 minutes. Easy! Enjoy! Yields 2 loaves.

Gina Masci
Dorinda Smith

CARAMEL PECAN ROLLS
(U.S.A.)

1 pkg. active dry yeast
1 c. warm water (105°-115°)
1/4 c. granulated sugar
1 tsp. salt
2 Tbsp. margarine, softened
1 egg
3 1/4-3 1/2 c. flour
1/3 c. margarine, melted
1/2 c. brown sugar, packed
1 Tbsp. corn syrup
2/3 c. pecan halves
1/2 c. granulated sugar
2 tsp. cinnamon

In mixing bowl dissolve yeast in warm water. Stir in 1/4 cup sugar, salt, 2 tablespoons margarine, egg and 2 cups flour; beat until smooth. With spoon or hand, work in enough remaining flour until dough is easy to handle. Place greased side up in greased bowl; cover tightly. Refrigerate overnight or up to 4-5 days.

Combine melted margarine, brown sugar, corn syrup and pecan halves. Pour into greased oblong pan, 13 x 9 1/2 x 2 inches. Combine 1/2 cup sugar and cinnamon.

On floured board, roll dough into 15 x 9-inch oblong. Spread with melted margarine and sprinkle with sugar-cinnamon mixture. Roll up tightly, beginning at wide side. Seal edge well. Cut into 1-inch slices and place in prepared pan. Cover; let rise in warm place (85°) until double, about 1 1/2 hours. (If kitchen is cool, place dough on a rack over a bowl of hot water and cover completely with towel.)

Heat oven to 375° and bake 25-30 minutes. Yields 15.

Lois Henderson

ENGLISH SCONES
(England)

3 c. flour
1 c. shortening
1 c. whole milk
1/2 tsp. salt
2 1/2 tsp. baking powder
1 c. chopped raisins
1 egg, separated

Mix dry ingredients; cut in shortening. Add raisins and stir. Add milk and mix. Beat egg white; cut into butter with knife, gently; some will still show.

Roll out on floured board 3/4 inch thick. Spread with whipped egg yolk. Cut into triangles. Place on cookie sheet. Bake at 375° until golden brown. Yields 14 scones.

Kathryn Kolten

BLUEBERRY COFFEE CAKE
(New England)

4 c. all-purpose flour
1 1/2 c. sugar
1 Tbsp. and 2 tsp. baking powder
1 1/2 tsp. salt
1/2 c. shortening
1 1/2 c. whole milk
2 eggs
3 c. fresh or frozen blueberries

Topping:

1 c. sugar
1 tsp. cinnamon
1/2 c. soft butter

Heat oven to 375°. Grease two square baking pans, 9 x 9 x 2 inches. Mix all ingredients, except blueberries and topping, until moistened. Beat vigorously 1/2 minute. Carefully stir in blueberries. Spread half the batter in each pan; sprinkle topping on batter. Bake until wooden pick inserted in center comes out clean, 50-55 minutes. Serves 9-12.

Topping: Mix together.

Sylvia Weld

CREAM CHEESE COFFEE CAKE
(U.S.A.)

1/2 c. margarine
1 1/4 c. sugar
8 oz. cream cheese
2 eggs
1 tsp. vanilla
1 1/3 c. sifted flour
1 tsp. baking powder
1/2 tsp. baking soda
1/4 tsp. salt
1/4 c. milk
1/3 c. flour
1/3 c. brown sugar
1/2 tsp. cinnamon
2 Tbsp. butter

In a bowl combine margarine, sugar and cheese; beat well until light and smooth. Add eggs and vanilla; beat until blended. Sift dry ingredients together and add alternately with milk to first mixture; mix well.

Spoon into greased 13 x 9-inch pan. Combine last four ingredients and mix with pastry blender until mixture looks like coarse corn meal. Sprinkle over cake. Bake at 350° for 40 minutes. Serves 12.

Lois Henderson

FINNISH COFFEE BREAD
(Finland)

1/2 c. butter
1 pkg. active dry yeast
3 Tbsp. warm water
2 eggs, beaten
1 c. milk, scalded and cooled
1/2 c. sugar
1/2 tsp. salt
1/2 tsp. fresh ground cardamom
peel of 1 orange, grated (optional)
5 c. unsifted all-purpose flour
1 egg yolk
1 Tbsp. milk

Melt butter and set aside to cool. Dissolve yeast in warm water. Mix together in large bowl the beaten eggs, milk, sugar, salt, cardamom, grated orange peel, yeast mixture and butter. Stir into mixture enough flour to make stiff dough.

Turn onto a floured board and knead until smooth. Shape into a ball and place in a greased bowl. Cover and put in warm place. Allow to rise to double in size, approximately 2 hours.

Punch dough down, then divide into two. Then divide each into three portions. Roll each third into 18 to 24-inch long strands between hands. (Make all strands the same length.)

Make 2 braids from the 6 strands. Take each braid and make a ring, then pinch the ends together. Place each on greased sheet. Cover lightly with waxed paper and let rise in a warm place until doubled, 2-2 1/2 hours. Paint each braid with a mixture of egg yolk beaten with 1 tablespoon milk. Bake at 350° for 45 minutes or until medium brown. Let cool on wire rack or serve warm. Makes 2 ring loaves.

Diane Titus

JOHNNYCAKE
(England)

1 c. brown sugar
1/4 c. shortening
1 1/2 c. corn meal
2 1/2 c. flour
1 1/2 tsp. nutmeg
salt
1 heaping tsp. baking soda
2 c. sour milk
2 beaten eggs

Mix together the brown sugar, shortening, corn meal, flour, nutmeg and salt. Mix baking soda into sour milk and add eggs. Mix this wet mixture into dry mixture; beat well. Add more sour milk if necessary to make a fairly thin batter. Pour into a greased 9 x 13-inch pan. Bake at 375° until done. (Insert toothpick to test.) Makes 1 loaf.

Kathryn Kolten

SOUR CREAM COFFEE CAKE
(U.S.A.)

2 c. flour
1 tsp. baking powder
1 tsp. baking soda
1/4 tsp. salt
1/4 lb. butter
1 c. sugar
2 eggs
12 oz. sour cream
1 tsp. vanilla extract

Topping:

1/4 c. sugar
1/2 c. chopped nuts
1 tsp. cinnamon

Sift flour, baking powder, baking soda and salt together. Cream butter and sugar. Add eggs and sour cream to creamed mixture. Add dry ingredients and vanilla extract. Combine topping ingredients. Place 1/2 the topping in ungreased Bundt pan; add 1/2 the batter, then remainder of topping and remainder of batter. Bake 40 minutes at 350°. Serves 8-10.

Janet Albrecht

BANANA BRAN MUFFINS
(U.S.A.)

3/4 c. unbleached white flour
1/2 c. whole wheat flour
1/4 c. sugar
1 tsp. baking powder
1 1/2 c. whole bran cereal
3/4 c. skim milk
1 c. mashed banana
1 egg
1/4 c. vegetable oil
1/2 c. chopped walnuts

Preheat oven to 400°. In a small bowl combine the flours, sugar and baking powder; set aside. In a large bowl mix together the cereal, milk and banana; let stand for 1-2 minutes until the cereal softens. Add the egg and oil to the cereal mixture and beat well with a spoon. Stir in the flour mixture and nuts until just combined. Spoon batter into a 12-cup greased muffin tin. Bake 25 minutes. Yields 1 dozen.

Merry Chames

BLUEBERRY MUFFINS
(Regional)

1/2 c. butter
1 1/4 c. sugar
2 eggs
1/2 c. milk
1 tsp. vanilla
2 c. flour
2 tsp. baking powder
1/2 tsp. salt
2-2 1/2 c. blueberries

Cream butter and sugar. Add eggs, milk and vanilla. Sift dry ingredients and add to mixture. Add blueberries. Fill muffin liners 3/4 full. Sprinkle tops with sugar. Bake 25-30 minutes at 375°. Serves 6 (2 each).

Sandra Hession

REFRIGERATOR BRAN MUFFINS
(U.S.A.)

1 c. bran flakes
1 c. boiling water
1/2 c. margarine
1/2 c. brown sugar or honey
2 eggs
2 c. buttermilk
2 c. all-bran cereal
2 1/2 c. unbleached flour
2 1/2 tsp. baking soda
1 tsp. salt

Combine bran flakes and boiling water. Cream margarine with sugar or honey. Add eggs, buttermilk and all-bran cereal. Sift flour, baking soda and salt; add to mixture. Stir until well blended. Store, covered, in refrigerator until needed. (It keeps 2 weeks.)

Fill greased muffin cups 2/3 full and bake at 375° for 20 minutes. Add raisins, chopped dates, chopped apricots, grated orange peel or chopped cranberries for taste change. Yields approximately 2 1/2 dozen.

Maeve Blackman

DOUGHNUT MUFFINS
(U.S.A.)

1/3 c. shortening
1 c. sugar
1 1/2 c. flour
1/2 tsp. salt
1/4 tsp. nutmeg
1/2 c. milk
1 1/2 tsp. baking powder
1 egg

Cream sugar and shortening. Add egg and milk alternately with dry ingredients. Beat well. Fill greased muffin tins 2/3 full. Bake in a 350° oven for 20-30 minutes. When done, remove from tins and roll immediately in 6 tablespoons melted butter and then in a mixture of 1 teaspoon cinnamon and 1/2 cup sugar. Yields 10-12 medium muffins.

Barbara Carter
Judy Lenz

DUTCH BREAKFAST PANCAKE
(Holland)

Batter:

Pan Size	Eggs	Butter	Milk and Flour
2-3 qt.	3	1/4 c.	3/4 c. of each
3-4 qt.	4	1/3 c.	1 c. of each
4-4 1/2 qt.	5	1/2 c.	1 1/4 c. of each
4 1/2-5 qt.	6	1/2 c.	1 1/2 c. of each

Other Ingredients:

1-3 apples, peeled and sliced
berries (1/2 c. for each 1 1/2 c. of batter)

ground nutmeg
confectioners sugar
lemon wedges
sour cream or maple syrup

Put butter in flan pan or casserole and set in a 425° oven. Mix the batter quickly by putting eggs in a blender (or a bowl and whisk on high speed) and whirl at high speed for 1 minute. With the motor running, gradually add milk. Slowly add flour and continue whirling for 30 seconds. Add apples or berries. Pour the batter into the hot pan.

Bake at 425° for 20-25 minutes, until brown. Dust with ground nutmeg. Serve with confectioners sugar and lemon wedges, sour cream or maple syrup. Serves 2-6.

Dr. and Mrs. Graham Gumley

NORSKE PANCAKES
(Norway)

2 Tbsp. melted butter
3 eggs
1/2 c. sugar
1 1/2-2 c. flour
2 1/2-3 c. milk

Beat melted butter and eggs together with a fork. Add sugar, flour and milk intermittently. Leave mixture in refrigerator overnight for best results. Thinly spread batter into a heated, buttered frying pan. Cook over medium to medium-high heat. Serve with sour cream and jam. Syrup and confectioners sugar may also be used. Serves 4.

Lynn Gunderson

POTATO PANCAKES
(Poland)

2 c. grated raw potatoes
2 beaten eggs
1 tsp. salt
1 rounded Tbsp. flour
pinch of baking powder
1 small grated onion

Combine all ingredients, mixing well. Fry in greased skillet until brown. Work fast to avoid too much change of color to potatoes. Serve hot as is, or with sour cream or applesauce. Serves 4.

Jean Bates

YORKSHIRE PUDDING
(England)

1 c. all-purpose flour
1 egg
10 oz. milk
1/2 tsp. salt
12 tsp. shortening

Mix flour, egg, milk and salt in blender until smooth. Put 1 teaspoon shortening into each of 12 cups of a muffin pan and place on top shelf of oven at 325° for 5 minutes to melt and heat shortening. Pour batter into hot shortening in muffin cups. Bake on top shelf of oven for 45-60 minutes, until puffed and browned. These are crisp outside and moist inside. They're Britain's answer to the popover - a side dish for roast beef! Serves 6.

Dr. Gillian Geffin
Doris Johnson

NO BEAT POPOVERS
(New England)

2 eggs
1 c. milk
1 c. flour
1/2 tsp. salt

Break eggs into bowl. Add milk, flour and salt. Mix well with spoon (no beater) until lumps disappear. Fill greased muffin pans 3/4 full. Put in cold oven. Set control at 450°. Turn on heat. Bake 30 minutes. No peeking! Makes 12 popovers.

Joan Skane

FAIL SAFE PERFECT CRUST
(Australia)

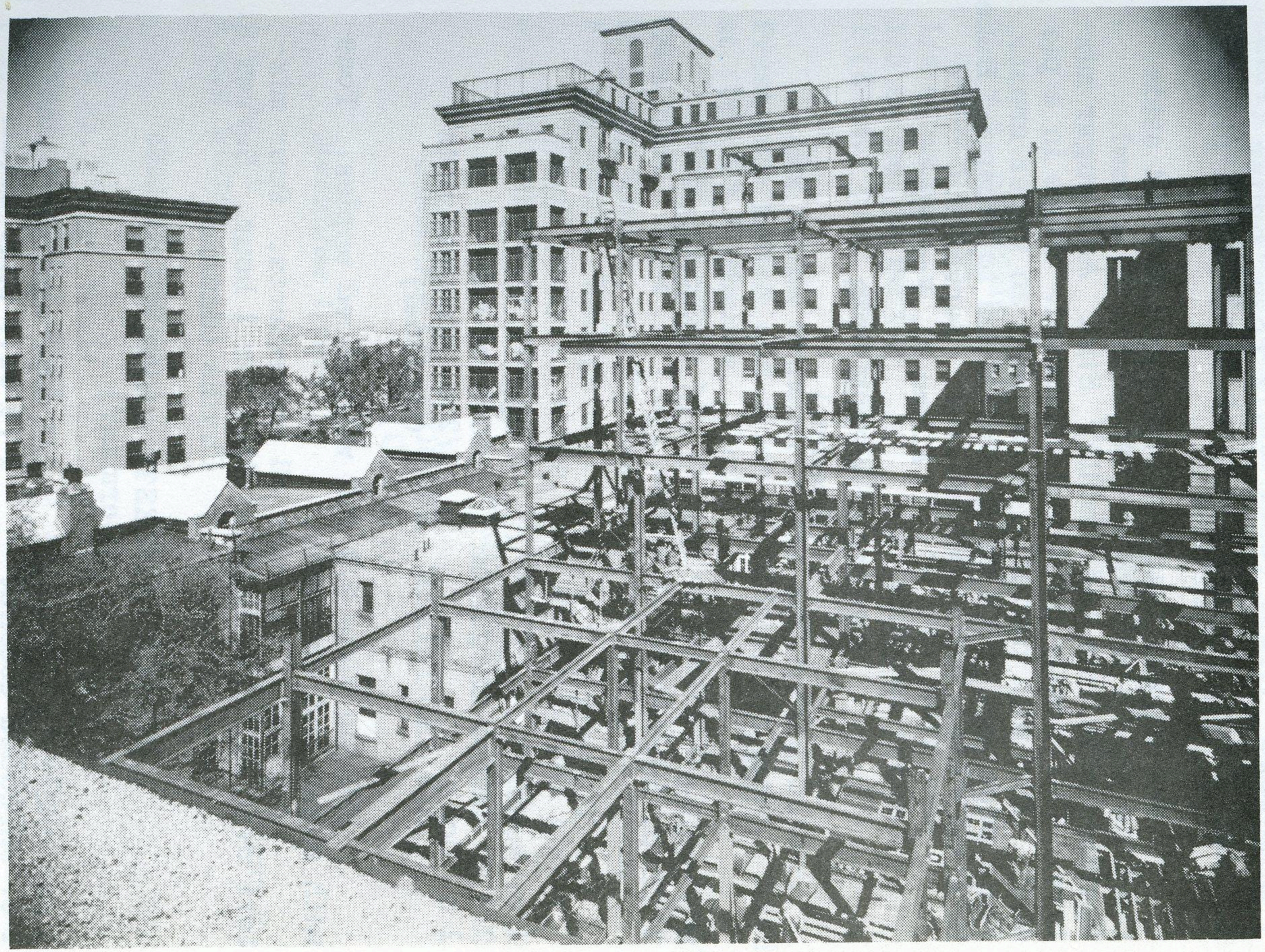
6 oz. butter (not margarine)
8 oz. plain flour
pinch of salt
1 tsp. baking powder
1 Tbsp. sugar
1 egg, beaten
a few drops of water

Sift dry ingredients together. Make a bowl in the center and add the beaten egg and 2 drops of water. Work together with a wooden spoon, then gather with your hands. Knead 4-5 times. Then place in refrigerator for 30-60 minutes for easy handling. Take 2/3 and

roll for bottom pie crust. Use remainder for top. Have oven at 400° when you put pie in and turn oven to 350° for 40-50 minutes. Yields 1 top and 1 bottom crust.

Suzanne Gumley

A view of the White Building superstructure from the roof of the Clinics Building in September, 1938. The Phillips House and the Baker Building are in the background. Wards A and F immediately to the left of White Building were demolished in 1940 after the White Building was occupied.



CRANBERRY APPLE PIE
(New England)

3-4 c. sliced, pared apples
2 c. fresh cranberries
1 c. sugar
3 Tbsp. flour
1/2 tsp. cinnamon
1 Tbsp. rum
1 tsp. vanilla
1 1/2 Tbsp. butter
1 (9 inch) double pie crust

Mix sugar, flour and cinnamon and set aside. Combine apples and whole cranberries in a bowl. Sprinkle with rum and vanilla. Stir. Add sugar mixture. Stir gently until well combined. Place in a pie shell. Dot with butter. Cover with an upper crust. Flute edge and prick center for steam to escape. Bake in a 425° oven for 35-45 minutes. Serves 6.

Eileen M. Farrell

SWEDISH APPLE PIE
(Sweden)

Filling:

6-8 apples
2 Tbsp. sugar
1 tsp. cinnamon

Topping:

1 c. sugar
3/4 c. melted margarine
1 c. flour
1 egg
pinch of salt
1/2 c. chopped nuts (optional)

Fill pie plate 2/3 full with sliced apples. Toss with sugar and cinnamon.

Topping: Combine all ingredients. Pour mixture over apples. Bake at 350° for 1 hour. Serves 8.

Phyllis Giannino

BLACK FOREST CHERRY PIE
(Germany)

1 can cherry pie filling
1 c. shredded coconut
1/2 tsp. almond flavoring
1 (8 oz.) pkg. cream cheese, softened

6 tsp. confectioners sugar
1 c. whipped cream
1 graham cracker ready-crust

Combine cherry pie filling, coconut and flavoring. Beat cream cheese until fluffy. Add sugar to whipped cream and fold into whipped cream cheese. Fold into cherry mixture. Pour into ready-crust. Chill until firm. Serves 6-8.

Wilfred P. Markert

DOUBLE CHOCOLATE PIE
(U.S.A.)

1 1/4 c. chocolate wafer cookie crumbs
1/4 c. sugar
1/3 c. melted butter
1 (6 oz.) pkg. chocolate bits
1 egg
2 egg yolks (save whites)
1 1/2 tsp. dark rum
1 c. whipped cream

Mix cookie crumbs, sugar and melted butter. Press into bottom and sides of 10-inch pie plate. Bake at 400° for 5 minutes. Chill.

Melt chocolate bits in top of double boiler; remove from heat. Beat in 1 egg and 2 yolks and rum. Fold in 2 egg whites, stiffly beaten, and whipped cream. Fill pie shell. Refrigerate.

When ready to serve, top with whipped cream and shaved bitter chocolate, if desired. Serves 8.

Paula Halpin

CHOCOLATE MOUSSE MERINGUE PIE
(U.S.A.)

Meringue Crust:

1 c. sugar
4 egg whites
2 Tbsp. shredded coconut

Mousse Filling:

1 (6 oz.) pkg. semi-sweet chocolate chips
2 egg yolks
1 Tbsp. rum
2 egg whites
1 1/4 c. heavy cream
1/2 sq. unsweetened chocolate, shaved

Crust: Preheat oven to 275°. Make meringue by beating egg whites until they peak. Slowly add sugar while continuing to beat. Spread meringue over bottom and up sides of well-greased 10-inch pie plate. Sprinkle the rim of the meringue with coconut. Bake 1 hour and cool.

Filling: Have all ingredients ready before adding to chocolate. Melt chocolate chips over double boiler. Remove from heat. Beat yolks and add rum. Whip 1 cup heavy cream. Beat egg whites until they peak. Add the egg yolks, whites and cream to chocolate and fold together.

Spoon filling into cooled Meringue Shell. Whip 1/4 cup heavy cream and spread over mousse; sprinkle with shaved chocolate. Refrigerate. Serves 6-8.

Mrs. Ben Z. Pilch

FRENCH SILK CHOCOLATE PIE
(France)

2 sticks butter or margarine
1 1/2 c. sugar
4 eggs
4 sq. (4 oz.) unsweetened chocolate
2 tsp. vanilla
1 (9 inch) graham crust (regular or chocolate)
whipped cream (optional)

Blend (beat) the butter and sugar until pale yellow and fluffy. Melt chocolate (or use liquid baking chocolate). Blend chocolate and vanilla into butter and sugar. Add one egg at a time. Beat for 5 minutes after each egg. Pour into graham crust. It may be frozen. Serve garnished with whipped cream. Very rich! Serves 6-12.

Barbara Gorman
Sue Shaelbegian

CRACKER PIE
(Ireland)

3 egg whites
1 c. sugar
1 tsp. baking powder
1/2 tsp. vanilla
1 c. chopped nuts (walnuts)
1 1/2 c. cracker crumbs (Ritz)
vanilla ice cream (optional)

Before: Chop walnuts; crush crackers with rolling pin.

Beat egg whites until stiff, then add remaining ingredients, except ice cream, one ingredient at a time. Mix thoroughly. Place into a 9-inch pie dish and bake at 350° for approximately 30 minutes or until golden brown. Serve warm or cold with vanilla ice cream. Serves 6.

Diane Guiry

ICE CREAM PIE
(U.S.A.)

packaged icebox cookie dough
3 egg whites
pinch of salt
6 Tbsp. sugar
1 qt. vanilla ice cream

Chocolate Sauce:

3/4 c. semi-sweet chocolate pieces
3 Tbsp. white corn syrup
3 Tbsp. water

Press softened cookie dough into a 9-inch pie plate and bake according to package directions. Watch carefully! Refrigerate until well chilled.

Make Chocolate Sauce: Heat in a double boiler over hot water: Semi-sweet chocolate pieces, white corn syrup and water. Beat with egg beater until smooth and remove from heat. Chill in refrigerator.

Heat oven to 500°. Fill chilled pie shell with vanilla ice cream and refrigerate. In small mixing bowl at high speed, beat egg whites and pinch of salt until soft peaks form where beater is raised. Continue beating, adding sugar gradually. Beat until meringue stands in stiff peaks.

Pour all but 2 tablespoons of sauce on ice cream. Cover ice cream with meringue, making sure meringue touches pie shell edges. Drizzle rest of sauce over meringue. Bake pie for 2 minutes, until light brown. Serve right away or freeze immediately. Let stand in refrigerator, after removing from freezer, for 1 hour before serving. Serves 8.

E. H. Malkin

LEMON MERINGUE PIE
(U.S.A.)

1 c. sugar
8 level Tbsp. cornstarch
1 1/4 c. boiling water
1 tsp. butter (size of a walnut)
juice of 1 1/2 lemons
grated rind of 1 1/2 lemons
3 eggs

Cook sugar, cornstarch and boiling water until very thick, stirring constantly. Add butter. Add lemon juice and grated rind. Beat in 1 whole egg and 2 yolks that have been beaten. Cool. Pour into a baked crust and cover with meringue

Meringue:

2 egg whites
4 Tbsp. sugar
vanilla

Bake approximately 15 minutes at 325° until meringue is brown. Serves 6-8.

Jane McDermott

LIGHT 'N FRUITY PIE
(Canada)

1 (3 oz.) pkg. Jell-O Brand strawberry flavored gelatin (or any other flavor)
2/3 c. boiling water
2 c. ice cubes
1 packaged graham cracker crust
1 (8 oz.) container nondairy whipped topping (i.e. Cool Whip, thawed)
1 c. fresh sliced strawberries (or any other fruit, except apples)

Dissolve gelatin completely in boiling water, stirring about 3 minutes. Add ice cubes and stir until gelatin is thickened, about 2-3 minutes. Remove any unmelted ice. Blend in nondairy whipped topping, then whip until smooth. Fold in fruit. Chill, if necessary, until mixture will mound. Spoon into crust. Chill 2 hours. Garnish if desired. Serves 4-6.

Dr. and Mrs. Ian Waters

MOCHA CHEESE PIE
(U.S.A.)

1 1/2 c. chocolate icebox cookie crumbs
1/3 c. melted butter
3 Tbsp. sugar
1 c. whipping cream
1 c. heavy cream, whipped
a touch of brandy (if you wish) or 1/2 tsp. vanilla
8 oz. cream cheese
3/4 c. sifted confectioners sugar
4 Tbsp. cocoa
1 Tbsp. coffee (strong)

Blend crushed cookies with sugar and melted butter. Place into an 8-inch pie plate. Bake at 350° for 8 minutes. Cool. Soften cream cheese. Partially whip 1 cup heavy cream. Add confectioners sugar, cocoa and coffee. Beat a little more. Add to softened cheese. Beat until smooth. Add brandy or vanilla. Pour into pie shell. Top with whipped cream and slivers of bitter chocolate. Serves 6.

Barbara Hollimar

PEACH GLAZE PIE
(Southern U.S.A.)

8 fresh peaches, sliced
3/4 c. sugar
1 pkg. orange jello
1 1/2 c. boiling water
1 baked pie shell
whipped cream (fresh)

Combine peaches and sugar; let stand 10 minutes. Dissolve jello in water and pour over peaches. Stir occasionally as mixture cools. Chill until slightly thickened and turn into cold pie shell. Chill until firm. Serve with whipped cream. Serves 6-8.

Priscilla Burns

MY FAVORITE PECAN PIE
(U.S.A.)

3 eggs, well beaten
1 c. Karo syrup (dark)
1/2 c. sugar
2 Tbsp. butter, melted
1 tsp. vanilla
1/4 tsp. salt
1 c. chopped pecans
1 Tbsp. Kahlua liqueur

Combine all ingredients and place in unbaked pastry shell. Bake 45 minutes at 350°. Serves 6-8.

Claudia Young, M.D.
Priscilla Burns
Treg Henry

PEANUT BUTTER PIE
(Southern U.S.A.)

1 c. confectioners sugar
4 oz. cream cheese, softened
1/3 c. chunky peanut butter
8 oz. Cool Whip
1 (9 inch) graham cracker crust
1/2 tsp. vanilla extract

Hot Fudge Glaze:

1 c. sugar
2 Tbsp. flour
1/3 c. Hershey's cocoa
1 c. boiling water
1/4 tsp. salt
1 Tbsp. butter
1 1/2 tsp. vanilla

Mix well confectioners sugar and cream cheese. Add peanut butter and vanilla; mix again. Fold in Cool Whip and pour into graham cracker crust. Glaze with thin layer of Hot Fudge Glaze. This must be chilled. Keep in freezer and return to refrigerator 1/2 hour before serving and before adding Hot Fudge Glaze. Serves 6-8.

Hot Fudge Glaze: Mix together sugar, cocoa, flour and salt in saucepan. Add boiling water and butter; cook until thick, stirring constantly. Remove from heat and add vanilla.

Frances M. Dyer

SHOO-FLY PIE
(Pennsylvania Dutch)

2 c. flour
1 1/2 c. brown sugar
2 eggs, beaten
2 c. dark molasses
4 Tbsp. shortening
1 1/2 c. hot water
2 tsp. baking soda, dissolved in 1/2 c. additional hot water
2 unbaked pie shells

Mix the flour and brown sugar. Reserve 2 cups for topping. Mix remaining ingredients and add to the flour-sugar mixture. Pour into two unbaked pie shells. Sprinkle with topping. Bake at 450° for 10 minutes, then at 350° for 30 minutes. Makes 2 ten-inch pies.

Anne Sheetz

STRAWBERRY PARFAIT PIE
(U.S.A.)

Crust:

1 1/2 c. sifted all-purpose flour
1/4 tsp. salt
1/2 c. shortening
4-5 Tbsp. cold water

Filling:

1 (3 oz.) pkg. strawberry flavored gelatin
1 c. boiling water
1/2 c. cold water
1 pt. vanilla ice cream
1 c. sliced fresh strawberries
whipping cream, whipped
whole ripe berries (for trim)

Prepare pastry from first four ingredients. Line a 9-inch pie plate, prick and bake at 450° for 10-12 minutes. Cool.

Filling: Dissolve gelatin in hot water; add cold water and stir. Cut ice cream in six chunks and add to gelatin; stir until ice cream melts. Chill until mixture mounds slightly when spooned, 20-30 minutes. Gently fold in sliced berries. Pour into cooled pastry shell. Chill several hours or until firm. Trim with whipped cream and berries. Scrumptious! Serves 8.

Hilda Sequeira

ECCLEFECHAN BUTTER TART
(Scotland)

Pastry:

2 1/2 oz. butter
4 oz. flour
1 oz. sugar
1 egg yolk

Filling:

3 oz. soft brown sugar
2 oz. melted butter
1 egg
2 tsp. wine vinegar
4 oz. mixed dried fruit
1 oz. chopped walnuts

Other Ingredients:

cream

Make up the pastry first. Rub the butter into the flour; add sugar and make a well in the center. Drop in the egg yolk and put your fingers into it and bring the dry ingredients together, kneading in the rest gradually. Roll out and line an 8-inch flan ring.

To make the filling, mix the sugar, butter and egg together and then stir in the vinegar, fruit and nuts. Pour into the pastry case and bake for 30 minutes at 375°. Serve hot or cold with cream. Serves 6-8.

Jean M. Piazza

TARTE NORMANDE
(Apple Pie; French Canada)

1 (10 inch) pie crust
6 tart green cooking apples
1/2 lemon juice
1/3 c. sugar
1/2 tsp. nutmeg
1/2 tsp. cinnamon
3/4 c. apricot jam
1 Tbsp. cognac
3 Tbsp. sugar
5 Tbsp. butter
1 c. whipping cream, whipped with 3 Tbsp. sugar

Preheat oven to 425°. Bake pie crust for 20 minutes.

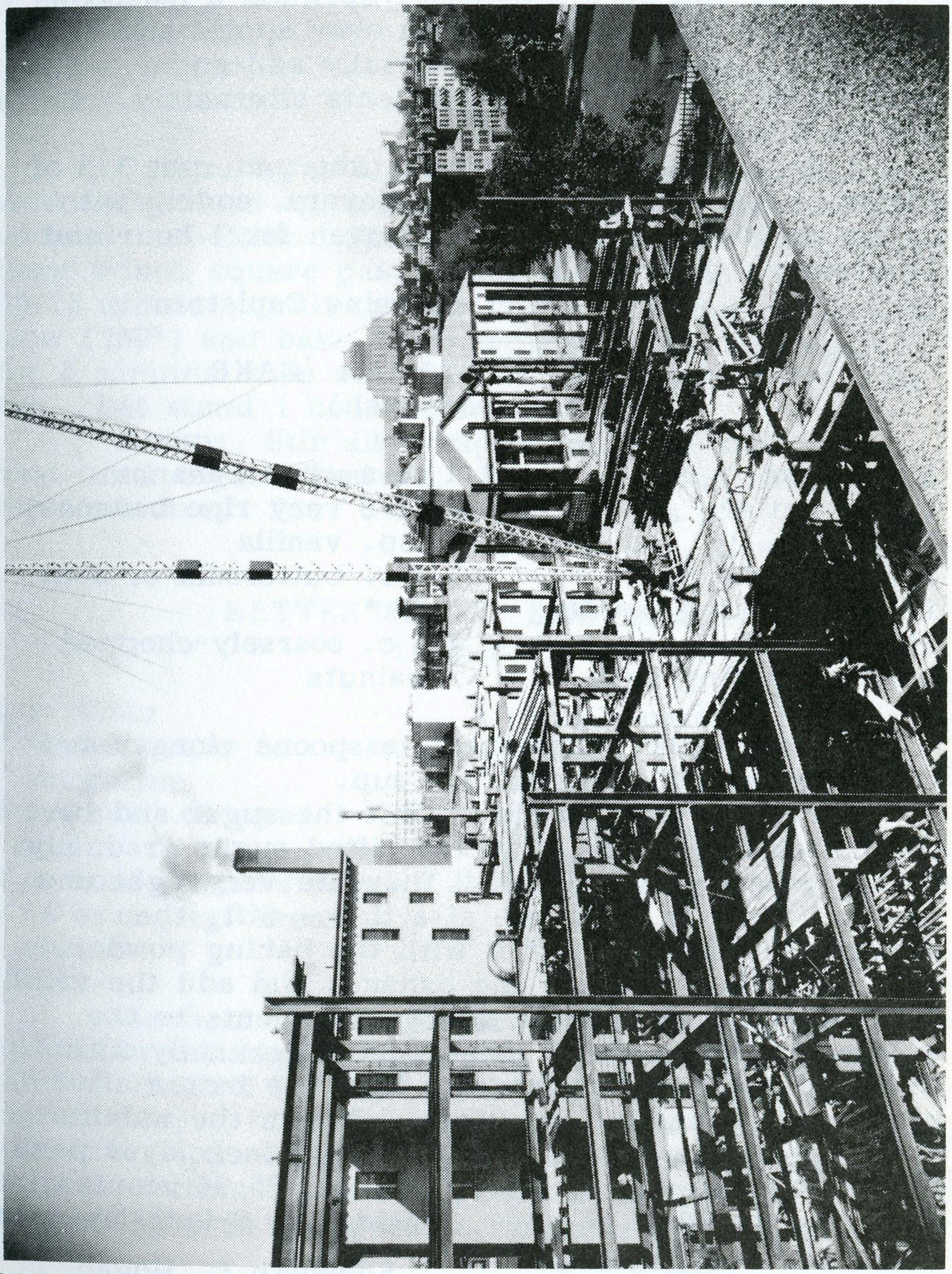
Peel apples. Slice thinly and arrange in circles in crust until they fill it. Sprinkle with lemon juice. Cover with 1/3 cup sugar. Sprinkle with nutmeg and cinnamon. Spread jam over apples and pour on Cognac. Sprinkle 3 tablespoons sugar over all and dot with 3 tablespoons butter. Bake at 425° for 45 minutes. Dot with 2 tablespoons butter and bake 15 more minutes. Serve with whipped cream. Serves 6.

Judy Cote

Cakes, Candies, Frostings & Confections

The construction site of the White Building in September of 1938 with Boston's West End in the background. The Registry of Motor Vehicles is on the skyline at the left side of the photograph, and the Hotel Manger (renamed the Hotel Madison and later demolished) is on the right.

Cakes, Cookies, Frostings & Confections



APPLE CAKE (WORLD'S BEST)
(New England)

4 large eggs, beaten
2 c. sugar
1 c. vegetable oil
1/2 c. orange juice
1 1/2 tsp. vanilla
3 c. sifted flour
3 tsp. baking powder
3 whole apples

Pare and slice 3 apples. Sprinkle 5 teaspoons sugar and 2 teaspoons cinnamon over apples and mix. Let stand. Beat eggs and gradually add sugar. Beat until frothy. Add other ingredients alternately. Batter will be thick.

In a greased and floured tube pan, put 1/3 of batter, a layer of apples (three layers, ending with apples on top). Bake in a 350° oven for 1 hour and 15 minutes. Serves 16.

Lorraine Capistran

AUNT JO'S BANANA CAKE
(American-Irish)

1 c. sugar
1/2 c. butter
2 eggs
2 1/4 c. cake flour
1/2 tsp. baking powder
1/2 tsp. salt
3/4 tsp. baking soda
1 c. mashed bananas (2-3 very ripe bananas)
1 tsp. vanilla
1/4 c. buttermilk or sour milk*
1/2 c. coarsely-chopped walnuts

*Sour milk: Combine 2 teaspoons vinegar and enough sweet milk to make 1/4 cup.

Preheat oven to 350°. Sift the sugar and beat the butter until soft. Add the sifted sugar gradually. Blend these ingredients until they are very light and creamy. Beat in eggs one at a time. Sift, then measure the flour; resift it with the baking powder, salt and soda. Prepare the bananas and add the vanilla and buttermilk. Add the sifted ingredients to the butter mixture in about three parts alternately with thirds of the banana mixture. Beat the batter after each addition until it is smooth. Stir in the walnuts.

Bake the cake in two greased 9-inch layer pans for 25-30 minutes; cupcakes for about 25-30 minutes; loaf cake for 60-65 minutes. Yields two 9-inch layers or 1 loaf or 25-30 cupcakes.

Elizabeth C. Hogan

AUSTRALIAN GREEK COCONUT CAKE
(Australia)

Cake:

4 oz. butter
1 c. sugar
4 eggs, beaten
2 c. desiccated (fine) coconut
1 c. self-rising flour

Syrup:

1 1/2 c. sugar
1 1/4 c. water
4 thin strips lemon rind

Cream butter and sugar until light and fluffy. Add well-beaten eggs and beat together. Fold in coconut and flour. Spread in greased (not floured) deep 8-inch square pan. Bake in hot oven (425°) for 10-15 minutes, until the top is golden. Reduce heat to slow (250°) and bake 25-30 minutes. Let cake stand for 5 minutes when out of oven, then pour syrup over top. Let stand 1 hour before serving.

Syrup: Stir all syrup ingredients over low heat until sugar dissolves. Bring to a boil and simmer for 5 minutes. Pour over cake. Serves 6.

Dr. and Mrs. Graham Gumley

BETTER THAN SEX CAKE
(U.S.A.)

2 c. flour
2 sticks butter or margarine
1 c. nuts, chopped well
1 c. confectioners sugar
1 (8 oz.) pkg. cream cheese
1 (8 oz.) container Cool Whip
2 pkg. instant chocolate pudding
3 c. milk
1 (8 oz.) container Cool Whip

Mix first three ingredients; it will be crumbly. Spread in rectangular cake pan. Bake at 325° for 25 minutes or until light brown. Cool. Mix next three ingredients; spread on cooled cake. Mix pudding with milk; spread on cake. Spread 1 container Cool Whip over chocolate pudding layer. Let set for 1-2 hours. Keep in refrigerator. Serves 6-8 people.

Sandi Higley

BLUEBERRY CAKE
(Southern U.S.A.)

1 c. butter or margarine, softened
2 c. sugar
3 eggs
3 c. all-purpose flour
1 1/2 tsp. baking powder
1/8 tsp. salt
1/4 tsp. mace
1/2 c. milk
2 c. blueberries
2 tsp. sugar
2 tsp. all-purpose flour

Cream butter and 2 cups sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Combine next four ingredients; add to creamed mixture alternately with milk, beating well after each addition. Coat blueberries with remaining sugar and flour; fold into batter. Pour into greased and floured 10-inch tube pan or Bundt pan. Bake at 350° for 70-80 minutes. Yields one 10-inch cake.

Mae Dozier

BLUEBERRY CAKE
(U.S.A.)

2 1/4 c. sifted flour
1 1/2 tsp. baking powder
3/4 tsp. salt
3/4 c. shortening
1/2 c. sugar
3 eggs, separated
1/2 c. milk
1 1/2 tsp. vanilla
2 c. floured blueberries

Cream together shortening and sugar. Add well-beaten egg yolks. Sift together flour, baking powder and salt; add alternately to creamed mixture with milk. Fold in vanilla and stiffly-beaten egg whites. Fold in blueberries. Pour into greased and lightly floured tube pan. Sprinkle top with sugar. Bake at 350° for 40-50 minutes or until top is golden brown. Serves 8-10.

Sue Shadbegian

BRENDA'S COCONUT CAKE
(U.S.A.)

1/2 c. grated coconut (fresh or packaged)
3 eggs, separated
1 1/2 c. sugar

1 c. coconut milk
(fresh, or substitute
1/2 c. Coco Lopez creme of coconut and 1/2 c. milk)
3/4 c. butter
1/2 tsp. vanilla

Flour Mixture:

2 1/2 c. sifted flour
2 1/2 tsp. baking powder
1/2 tsp. salt

Beat egg whites until they stand in soft peaks. Gradually add 1/2 cup sugar to egg whites. Beat egg yolks until thick. Cream shortening, vanilla and 1 cup sugar. Add egg yolks and grated coconut to mixture and beat well. Add flour mixture alternately with coconut milk. Fold in egg whites last. Bake for 25 minutes at 350°, until knife comes out clean from center of cake. Serves 8-10.

Note: I bake this cake in a tube pan.

Brenda M. Ferdinand

CARROT CAKE
(U.S.A.)

2 c. sugar
2 c. sifted flour
1 1/2 tsp. cinnamon
1 1/2 c. Crisco or
Wesson oil
4 eggs, slightly beaten
1 tsp. baking powder
1 tsp. baking soda
2 c. grated carrots
3/4 c. raisins (optional)
3/4 c. nuts (optional)

Mix sugar, flour, baking powder and soda. Then stir in oil, eggs, cinnamon, then carrots. Add raisins and nuts (optional). Bake at 350° for 1 hour.

Frosting:

1 pkg. confectioners
sugar
3 oz. cream cheese
1 stick margarine
a few drops of milk
1 tsp. vanilla

Stir ingredients together. Frost cake. Serves 10-12.

Grace Johnson

CARROT CAKE
("Ritz-Carlton")

3 c. carrots, grated
2 c. flour
2 c. sugar
2 tsp. cinnamon
2 tsp. baking powder
2 tsp. baking soda
2 tsp. vanilla
1 c. golden raisins (optional)
3/4 c. chopped walnuts (optional)
1 tsp. salt
1 1/2 c. oil
4 eggs

Sift dry ingredients, then blend in oil, carrots, eggs and vanilla. Fold in nuts and raisins. Pour into a greased pan; bake at 350° for 55-60 minutes. Frost with cream cheese frosting. Yields a 13 x 9 1/2-inch pan or two layers.

M. Vadnais

CHEESECAKE
(U.S.A.)

1 1/4 c. flour
1 tsp. baking powder
1/4 c. sugar
1 stick butter, melted
1 egg

Filling:

16 oz. Philadelphia cream cheese
1 Tbsp. sifted flour
2 eggs
1 c. sugar
1 1/2 c. milk
1/2 tsp. vanilla
cinnamon

Sift flour and baking powder. Add sugar, butter and egg. Mix well and work into a 10-inch pie plate.

Filling: Mix cream cheese and flour with mixer. Add eggs and sugar. While beating, add milk and vanilla. Pour into crust. Sprinkle with cinnamon. Bake at 350° for 40-45 minutes. Cool. Keep in refrigerator. Serves 8-10.

Debbie LaCortiglia

CHOCOLATE CREAM CAKE
(U.S.A.)

1 (12 oz.) pkg. semi-sweet chocolate chips
1/2 c. (1 stick) unsalted butter
6 eggs, separated (room temperature)
1 c. sugar
1/2 c. finely-chopped pecans
1 Tbsp. Irish cream liqueur
1/2 tsp. vanilla
pinch of cream of tartar

Frosting:

2 c. whipping cream
1/4 c. powdered sugar
2 Tbsp. Irish cream liqueur
2 oz. chocolate curls (optional)

Preheat oven to 350°. Grease and flour 10-inch spring-form pan. Melt chocolate chips and butter in top of double boiler over hot, but not boiling, water. Beat yolks in large bowl of electric mixer until very thick, about 5 minutes. Beat in 1/2 cup sugar, 1 tablespoon at a time. Stir in melted chocolate, pecans, liqueur and vanilla. Beat egg whites with cream of tartar in another large bowl until soft peaks form. Gradually add remaining 1/2 cup sugar and beat until stiff but not dry. Gently fold 1/4 of whites into chocolate mixture, then fold chocolate mixture back into remaining whites.

Pour into prepared pan. Bake 30 minutes. Reduce oven temperature to 275° and continue baking 30 minutes. Turn off oven. Let cake stand in oven for 30 minutes with door ajar. Remove cake from oven.

Dampen paper towel and place on top of cake for 5 minutes; remove towel (top of cake will crack and fall). Cool cake in pan. Remove spring-form. Transfer cake to platter.

Beat whipping cream in large bowl of electric mixer until soft peaks form. Beat in powdered sugar and liqueur. Spoon whipped cream onto top of cake and smooth evenly. Sprinkle with chocolate curls, if desired. Refrigerate 6 hours. Let stand at room temperature 30 minutes before serving. Serves 12.

Toni M. Donarumo

CHOCOLATE POUND CAKE
(Southern U.S.A.)

1/2 lb. butter
1/2 c. shortening
3 c. sugar
5 eggs
3 c. flour
1/2 tsp. baking powder
1/2 tsp. salt
4 Tbsp. cocoa
1 c. milk
1 Tbsp. vanilla

Cream together butter and shortening. Add sugar and eggs. Add vanilla. Sift dry ingredients together. Add to creamed mixture a little at a time, alternating with milk. Bake in a 9 or 10-inch tube pan at 325° for about 80 minutes. This is wonderful as is...but if you want to "guild the lily" add icing.

Icing:

1/4 c. butter
2 sq. bitter chocolate
1 (1 lb.) box confectioners sugar
1 tsp. vanilla
milk (as needed)

Melt butter and chocolate. Add sugar, vanilla and milk to spreading consistency. Serves 8-10.

Priscilla Burns

COCONUT LOAF
(U.S.A.)

1 c. butter
2 c. sugar
4 large eggs
1 c. mashed banana
4 c. flour
2 tsp. baking powder
1 tsp. baking soda
3/4 tsp. salt
15 1/2 oz. crushed pineapple
1 c. shredded coconut

Grease and flour two 9 x 5-inch loaf pans. Cream butter and sugar until light and fluffy. Add eggs one at a time; beat well. Stir in banana. Sift flour, baking powder, baking soda and salt. Add to creamed mixture; beat well. Fold in undrained pineapple and coconut. Bake at 350° for 1 hour and 10 minutes. (Check for doneness.) Remove from pan when cool. These loaves freeze well. Makes two loaves, 16 slices each.

Lois Henderson

ECLAIR CAKE - FOURTH OF JULY CAKE (U.S.A.)

1 (1 lb.) box graham crackers
2 (4 serving size) pkg. instant pudding and pie filling (vanilla)
3 1/2 c. whole milk
1 (8-9 oz.) container non-dairy whipped topping, thawed

Grease bottom of 13 x 9-inch pan. Line with whole graham crackers. Prepare pudding with 3 1/2 cups milk. Beat at medium speed until well blended, 2 minutes. Carefully fold in whipped topping. Pour half of mixture over crackers. Cover with more crackers. Repeat by pouring other half of mixture over crackers and cover again with crackers. Refrigerate 2 hours. Then frost.

Frosting:

2 (1 oz.) sq. unsweetened chocolate, melted
2 tsp. light corn syrup
2 tsp. vanilla extract
3 Tbsp. softened butter
1 1/2 c. sifted confectioners sugar
3 Tbsp. whole milk

Mix all ingredients together; beat until smooth. Frost cake. Refrigerate for 24 hours. It may be frozen. Serves 12.

For Fourth of July Cake: Place blueberries in upper left corner of cake (like stars). Cut or slice strawberries and place in rows across cake (like stripes). You will have an American flag.

Mary and James Vitale

FLOURLESS CHOCOLATE CAKE (France)

1/2 lb. semi-sweet chocolate
1/4 lb. unsweetened chocolate
1 Tbsp. brandy
1/2 c. butter
1/2 c. sugar
4 eggs, separated
1/2 tsp. vanilla
1/4 tsp. salt

Set oven at 425°. Prepare a 9-inch pan by buttering and sugaring it. Melt chocolate in a double

boiler, adding the brandy as you do so. Remove from heat and add the butter in pieces. Stir in 1/4 cup sugar until dissolved.

Beat egg yolks until light. Beat in chocolate mixture carefully, so that it does not separate. Add vanilla.

Beat egg whites and salt until foamy; gradually add remaining 1/4 cup sugar until mixture becomes stiff. Fold whites into chocolate batter. Bake for 15 minutes (no longer).

This produces a souffle-like cake that will fall slightly and firm up as it cools. Invert on a wire rack after 30 minutes; remove pan when cool. Serve with whipped cream. Serves 8.

Casserine Toussaint

4-LAYER ANGEL CREME CAKE
(U.S.A.)

2 pkg. Dream Whip (1 box)
1 c. cold milk
1 c. powdered sugar
1 (8 oz.) pkg. cream cheese
1 angel food cake
1 c. cherry pie filling

Cut cake in four layers. Beat Dream Whip and milk together. Add powdered sugar and cream cheese; beat. Place layer of cake on plate, then layer of Dream Whip mixture. Repeat layers. Put cherries on top and refrigerate overnight. This will keep for 1 week refrigerated. It's beautiful for the holidays. Serves 10.

Debbie Landers Fraser

FRUIT CHEESE CAKE
(U.S.A.)

1 1/2 c. fine graham cracker crumbs
1/4 c. sugar
1/3 c. butter or margarine, melted
2 c. dairy sour cream
1/2 c. sugar
1 tsp. vanilla
1 (No. 2 1/2) can fruit cocktail, well drained (3 1/2 c.)

Combine crumbs, 1/4 cup sugar and butter; press in bottom and 2 1/2 inches high on sides of a buttered 8-inch spring-form pan. Combine sour cream, 1/2 cup sugar and vanilla; fold in fruit cocktail. Pour into

crumb-lined pan. (If desired, border with additional crumb mixture.) Bake in moderate oven (350°) for about 25 minutes or until set. Cool; chill thoroughly. Serves 6-8.

Betty Silberstein

GOOEY BUTTER CAKE
(U.S.A.)

1 box yellow cake mix
1 melted stick margarine
1 tsp. vanilla
2 eggs
8 oz. cream cheese, softened
1 box powdered sugar, unsifted
1 tsp. vanilla
2 eggs

Mix together first four ingredients and pack into greased 13 x 9-inch pan. Mix remaining ingredients and pour over top of cake. Bake at 350° for 40 minutes. Do not open oven door while baking. Let cool for 40 minutes. Serves 12.

Susan Bua

GRANDMA'S CHOCOLATE BIRTHDAY CAKE
(Germany)

5 Tbsp. strong coffee
13-14 oz. bittersweet chocolate
1/2 lb. butter
3 egg yolks
2 pkg. butter cookies (like social teas)
1 small container heavy cream

Line a rectangular baking dish with waxed paper. Heat strong coffee on low flame. Add chocolate in small pieces, stirring constantly. When chocolate is melted, add butter in pieces. Continue stirring to melt butter. Add egg yolks; stir. Heat until mixture thickens. Add heavy cream. Stir to combine well. Remove from heat. Cool at least 1/2 hour.

Dip cookies into cooled chocolate mixture and arrange in layers in baking dish lined with waxed paper. Refrigerate overnight.

When ready to serve, lift cake out by waxed paper. Peel waxed paper back from cake, invert on platter and slice. Serves 6-8.

Michael Jellinek, M.D.

HONEY CAKE
(Poland)

4 eggs
1 c. honey
2 Tbsp. vegetable oil
1 1/2 tsp. baking powder
1/2 tsp. ground cloves
1/2 tsp. cinnamon
1/2 c. raisins
1 c. sugar
1/2 c. strong black coffee
3 1/4 c. sifted flour
1 tsp. baking soda
1/2 tsp. allspice
1/2 c. chopped nuts
1/2 c. citron, finely cut
2 Tbsp. cognac (optional)

Set oven at 300°. Line a 16 x 15 x 2 1/2-inch pan with waxed paper. Beat eggs lightly. Add sugar gradually and continue beating until mixture is light and fluffy. Combine honey and coffee; stir into oil. Blend into eggs and sugar mixture. Sift flour, baking powder, soda and spices together. Stir in nuts, raisins and citron; blend into egg mixture. Stir in cognac and pour into prepared pan. Bake 1 hour. Cool and cut into squares. Yields 2 1/2-3 dozen.

Diane Titus

HONEY CAKE
(Jewish)

3/4 c. coffee (strong)*
1/2 c. Crisco
1 c. sugar
3 large eggs (room temperature)
1 c. raw honey
3 c. flour
1 tsp. baking soda
1 tsp. baking powder
1 tsp. salt
1/2 heaping tsp. cinnamon
1/2 heaping tsp. allspice
1/4 heaping tsp. nutmeg
1/4 c. strong whiskey (higher the proof, the better)
1/4 c. chopped walnuts (and extra for top)

*May be made with 1 heaping tablespoon instant coffee and 6 ounces hot water and then cooled.

Combine flour, baking soda, baking powder, salt, cinnamon, allspice, and nutmeg. Cream fat and sugar very well. Add eggs and beat 5 minutes at high speed. Add honey and beat 5 minutes more. Combine coffee and whiskey and add alternately with flour mixture to fat and sugar and honey mixture. Add in 3 or 4 parts, beginning and ending with dry ingredients. Gently fold in nuts, and pour cake into prepared pan. Top with additional nuts.

Bake as follows: 13 x 9 x 2-inch pan for 45-48 minutes, or 14 x 10 x 2-inch pan for 30-33 minutes. Pan should be thoroughly greased and lined with waxed paper. Temperature of oven is 325° for glass pan, or 350° for metal pan. Cake is done when toothpick inserted in center comes out dry. Cool 10 minutes and remove; cool on rack. Serves 16.

Note: I won a blue ribbon for this cake at the Ohio State Fair.

Mrs. Phyllis Cantor

IRISH WHISKEY CAKE
(Ireland)

2/3 c. flour
5 c. finely-chopped walnuts
2 c. golden raisins
4 large eggs, separated (room temperature)
1 1/3 c. lightly-packed brown sugar
1/2 c. butter
2/3 c. sugar
1 1/3 c. flour
1 tsp. baking powder
1/2 tsp. ground nutmeg
1 tsp. cinnamon
2/3 c. Irish whiskey

Butter and flour a metal Bundt pan. Heat oven to 325°. In a bowl combine 2/3 cup flour, walnuts and raisins. Set aside. In a bowl with electric mixer at high speed, beat egg whites until soft peaks form. Gradually beat in 2/3 cup brown sugar. Set aside.

In a large bowl with the same beaters, beat butter, remaining 2/3 cup brown sugar and regular sugar until well mixed. Add the egg yolks and beat well. Beat in 1 1/3 cups flour, baking powder, nutmeg, cinnamon and whiskey. Stir in the floured nut mixture. Gently fold in beaten egg whites.

Pour into Bundt pan. Bake 1 hour or until lightly browned. Cool 10 minutes and remove from pan. Place on a serving plate or platter with a rimmed side. With a toothpick, prick cake in several places. Spoon Whiskey Syrup* over cake. Let cake stand about 2 hours, repeatedly spooning syrup over cake until all syrup is used. Serves 10-12.

*Whiskey Syrup:

1 c. sugar
1 1/2 c. water
1 c. Irish whiskey

In a small saucepan combine sugar and water. Heat to boiling, stirring to dissolve sugar. Remove from heat. Stir in whiskey.

Eileen Farrell

LEMON-APRICOT CAKE
(U.S.A.)

1 pkg. Lemon Supreme cake mix (Duncan Hines)
3/4 c. oil
1 c. apricot nectar
1/2 c. sugar
4 eggs

Frosting:

1 c. confectioners sugar
7 Tbsp. lemon juice

Mix cake mix, oil, apricot nectar and sugar. Add egg one at a time and mix well after adding each one. Bake in an angel food pan at 350° for 50-60 minutes. Allow to cool for approximately 20 minutes before removing from the pan.

Frosting: Mix sugar and lemon juice. Pour over warm cake in which holes have been poked with a toothpick or fork. Serves 10-12.

Anne Armstrong

LEMON CHEESECAKE
(U.S.A.)

Filling:

2 (8 oz.) pkg. cream cheese
3/4 c. sugar
2 eggs
1 c. sour cream
1 Tbsp. lemon rind, grated
2 Tbsp. lemon juice
1/4 tsp. vanilla

Lemon Glaze:

1/2 c. sugar
2 Tbsp. cornstarch
1/4 tsp. salt
1/2 c. water
1 egg yolk
1 tsp. lemon rind, grated
2 Tbsp. lemon juice
1 Tbsp. butter
1/4 tsp. vanilla

Mix ingredients of filling one at a time. Pour into a lightly baked pie shell. Bake at 375° for 25 minutes. Cool.

Glaze: Mix sugar and cornstarch in a heavy saucepan. Add salt, water and egg yolk; mix thoroughly. Cook slowly until mixture boils and is thick. Remove from heat. Mix in remaining ingredients. Cool slightly and spread over cheesecake. Serves 6-8.

Dorinda Smith

MRS. S'S CHEESE CAKE
(U.S.A.)

1/2 box Zwieback
1/8 lb. butter
2 1/2 lb. cream cheese
1 1/2 c. + 6 Tbsp. sugar
1/4 tsp. salt
3 3/4 Tbsp. flour
6 eggs
3 egg yolks
2 tsp. vanilla
2 1/2 c. heavy cream
1 3/4 c. light cream

Grind Zwieback into crumbs and mix with melted butter. Line a 9-inch lightly-greased spring-form pan on bottom and sides with mixture and refrigerate overnight. (Save a little of the crumb mix.)

Cream softened cream cheese, sugar, salt and flour well. Beat in eggs and yolks and vanilla until smooth. Mix in heavy cream and light cream; strain mixture so there are no lumps. Pour into Zwieback-lined pan. Sprinkle remaining crumb mixture on top.

Put on bottom shelf in oven and bake at 300° for 2 hours. Shut off oven, leaving cake in oven overnight. Refrigerate for several hours. Serves 12-14.

E. H. Malkin

NO BAKE DIET CHEESE CAKE
(New England)

32 graham crackers
2 Tbsp. sugar
1/2 c. melted butter

Mix. Reserve 1/2 of mixture for topping. Pack rest in two buttered square pans.

1 pkg. lemon jello
1 c. hot water
4 pkg. (12 oz.) cream cheese
1 c. granulated sugar
2 tsp. vanilla
2 pkg. Dream Whip

Dissolve jello in hot water; let cool, but not set. Cream thoroughly the cream cheese, sugar and vanilla. Combine jello and cream cheese mixture. Prepare Dream Whip as directed on package. Fold into other mixture. Pour on crumbs. Top with 1/2 crumbs. Set in refrigerator for several hours. This also freezes well. Serves 8-12.

Mary and James Vitale

NOLAIT
(New Year's Cake; Nova Scotia, Canada)

1 c. butter
1 c. white sugar
2 eggs
2 1/2 ç. flour
1 tsp. baking soda
2 tsp. cream of tartar
1/2 tsp. salt
1/2 c. molasses (or white icing)

Preheat oven to 350°. Cream butter, white sugar and eggs. Add flour, baking soda, cream of tartar and salt. Pour into 9 x 12-inch pan. Bake 20 minutes (or until top turns light brown). When cooled boil 1/2 cup molasses for 5-7 minutes; pour over Nolait. Or use 1 cup sifted confectioners sugar mixed with 1 tablespoon water. Add water until icing is of thick pouring consistency. Pour over Nolait. Serves 12.

Jeanne Benoit

PRALINE CAKE
(Cajun Louisiana)

2 c. chopped pecans
3/4 c. brown sugar, firmly packed
2 sticks unsalted butter (room temperature)
2 Tbsp. vanilla
1 c. sugar
3 c. all-purpose flour
2 Tbsp. baking powder
1 c. milk
3 egg whites (room temperature)

Preheat oven to 350°. You will need three 8-inch greased and floured round cake pans. Cream butter and

both types of sugar (minus 1/2 c. white sugar) in large bowl at high speed until fluffy. Sift flour and baking powder into another bowl. Combine vanilla with milk in a measuring cup. Add the milk, alternating with the dry ingredients, to the sugar-butter mixture. Beat until well blended. Add chopped pecans.

Beat egg whites, adding the remaining 1/2 cup white sugar by the tablespoon until the mixture is stiff. Combine flour mixture with egg whites.

Bake until toothpick inserted into center comes out clean, approximately 45 minutes. Cool for 15 minutes before inverting onto rack. Frost with white frosting and decorate with pecan halves. Serves 8-10.

Casserine Toussaint

PUMPKIN CHEESECAKE
(U.S.A.)

1 (8 oz.) pkg. cream cheese
2/3 c. heavy cream
3 eggs, separated
2/3 c. sugar
1/2 c. pureed pumpkin
1 tsp. vanilla
1 1/2 tsp. allspice
dash of salt
1/4 c. raisins
1 (9 inch) unbaked graham cracker crust

In mixing bowl cream cheese and gradually add heavy cream. Beat well and fold in stiffly-beaten egg whites. In another bowl combine yolks, sugar, pumpkin, vanilla, allspice and salt; stir in raisins. Fold in cream mixture and mix until smooth.

Pour into crust and bake in a preheated 300° oven for 55-60 minutes or until set. Cool in oven by turning off heat and keeping door open. Refrigerate after cooling. Decorate with additional whipped cream. Mix poppy seeds with graham cracker mix for nutty flavor. Serves 8-10.

Ellen Donahue

PUMPKIN CRUMB CAKE
(New England)

Crust:

1 (2 layer) pkg. yellow cake mix (less 1 c. for topping)
1 egg
1 stick butter, melted

Filling:

1 (1 lb.) can pumpkin pie filling
3 eggs
1/2 c. white sugar
1/2 c. brown sugar
1 1/2 tsp. cinnamon

Topping:

1 c. reserved yellow cake mix
1/2 c. white sugar
1/2 c. chopped nuts (your choice)
3 Tbsp. butter

Preheat oven to 350°. Remove 1 cup cake mix and set aside for topping. Blend remaining mix with egg and butter. Put into 9 x 13-inch greased pan. Beat filling ingredients together with electric mixer. Pour filling into crust. Combine topping ingredients and crumbly over mixture in pan. Bake at 350° for 50-55 minutes. Serves 6.

Phyllis Thomas

RAISIN POUND CAKE
(U.S.A.)

2 sticks butter or margarine
2 c. sugar
8 oz. cream cheese
6 eggs
1 tsp. vanilla extract
2 c. Jiffy flour
1 c. raisins (or coconut or chocolate chips)

Preheat oven to 450°. Grease and flour Bundt pan. Cream butter or margarine, sugar and cream cheese together. Beat in eggs, one at a time. Add vanilla and mix well. Add flour and raisins. Pour into greased and floured Bundt pan. Bake at 450° for 10 minutes; reduce heat ot 350° and bake 30-40 minutes. (This can be served with strawberries, brandy, your favorite liqueur or just plain.) Serves 8-10.

Jane McDermott

SALLY'S MARBLE CAKE
(Germany)

3/4 c. butter (1 1/2 sticks)
2 c. sugar
4 eggs

1 c. milk
3 c. flour
4 tsp. baking powder
2 sq. unsweetened chocolate, melted
1/2 tsp. vanilla

Set aside a well-buttered tube cake pan. Mix all ingredients, except chocolate. Divide batter into two portions. Mix one portion with melted chocolate. To marbleize batter, begin by placing enough vanilla batter to cover bottom of cake pan, then begin alternating chocolate and vanilla; swirl knife through batter.

Bake in a 350° oven for 45 minutes or until cake springs back to touch. For chocolate lovers: Swirl very gently so that you get large portions of the chocolate! This is a not-too-sweet cake with a wonderful dark chocolate flavor. Serves 8-10.

Marilyn Swenson

SCANDINAVIAN APPLE CAKE
(Scandinavia)

4 large tart apples, peeled, cored and chopped
1 c. sugar
1 c. chopped nuts
2/3 c. butter
2 eggs, beaten
2 tsp. vanilla
2 c. sifted all-purpose flour
2 tsp. baking soda
2 tsp. cinnamon
2 tsp. allspice
1 tsp. cardamon
1/2 tsp. salt

Preheat oven to 350°. Grease two 8 or 9-inch square cake pans. Combine apples, sugar, nuts and butter in large bowl. Stir in eggs and vanilla. Sift together dry ingredients and add to apple mixture, stirring only until blended. Divide batter between pans and bake 45-50 mintues or until tester comes out clean. Cool on cake rack, wrap well and refrigerate. Serve at room temperature. Cut into bars. Makes 2 cakes, 6 servings each.

Note: This is the type of cake that may be eaten with fingers, is great with coffee and can be nibbled on all day. Make it a week or so ahead, wrap in plastic and refrigerate. It will mellow and develop excellent flavor. Since it falls together so easily, make several cakes to freeze; it will keep frozen for 3 months.

Treg Henry

SHARON'S SPICE CAKE
(New England)

3/4 c. sugar
1 c. water
1 c. raisins
1/2 c. oil
1 tsp. cloves
1 tsp. cinnamon
1 1/2 c. flour
1 tsp. baking soda
1/2 c. chopped nuts (optional)

In saucepan bring just to a boil all ingredients, except flour and baking soda. Cool to lukewarm. Sift together flour and soda. Stir into above mixture. Fold in nuts. Pour into greased and floured 9 x 9-inch or 8 x 8-inch square pan. Bake 30 minutes at 350°. Frost with buttercream frosting or enjoy this quick and easy cake as is. Serves 8-10.

Hilda Sequeira

SPICE CAKE
(Handed down from Great Aunt Mildred)
(U.S.A.)

1/4 c. shortening
1/2 c. sugar
1 egg
1 3/4 c. flour
1 tsp. baking soda
1/4 tsp. cloves
1 tsp. cinnamon
speck of salt
1 c. raisins
3 c. water

The night before you are going to make the cake, boil the raisins in 3 cups water until you have 1 cup of liquid left. Drain raisins and reserve liquid. Allow raisins to dry overnight. Flour raisins before adding to batter.

Cream sugar and shortening. Add egg and gradually add dry ingredients with reserved raisin liquid and mix until well blended. Add floured raisins. Pour into a well-greased tube pan. Bake at 350° for 25-30 minutes. Cool. Frost with white frosting or cream cheese frosting. Serves 8-10.

Rosemary Jaromin

SPICE CAKE
(Sweden)

6 whole cardamon
2 c. flour
1 c. granulated sugar
1 c. brown sugar
2 eggs
1 c. milk
1 tsp. cloves
1 tsp. cinnamon
1 tsp. baking soda
1/4 lb. butter, melted

Shell cardamon and grind "fruit" of cardamon into tiny pieces. Melt butter and allow to cool. Mix all other ingredients in a large bowl. Add cooled butter and mix well. Grease and flour a tube pan. Pour batter into tube pan and bake at 350° for 55-60 minutes or until knife inserted into cake comes out clean. Cool for 15 minutes and remove from pan. Serves 16-20.

Kristin Ahlman

SOUR CREAM BLUEBERRY CAKE
(New England)

1/2 c. butter
1 c. sugar
3 eggs
2 c. sifted flour
1 tsp. baking powder
1 tsp. baking soda
1/2 tsp. salt
1 c. sour cream
1 tsp. vanilla
2 c. blueberries
1 c. brown sugar
1 tsp. cinnamon

Glaze:

1/2 c. confectioners sugar
1 Tbsp. water
1/4 tsp. almond extract

Mix butter and sugar. Beat eggs and add to butter and sugar. Mix. Add flour, soda, baking powder, salt, vanilla and sour cream. When well blended, fold in blueberries. (Coat blueberries with flour to prevent them from falling to the bottom of the pan.)

Grease a Bundt or angel cake pan. Coat with a small amount of flour. Fold in half of the batter. Mix brown sugar and cinnamon together and sprinkle half of it over the batter in the pan. Add remaining batter and then top with the rest of the cinnamon mixture.

Bake in a preheated 325° oven for 45-50 minutes. Cool for 10-15 minutes and remove from pan. When cake has cooled completely, top with glaze. Serves 8-10.

Eileen M. Farrell

SOUR CREAM CHEESE CAKE
(U.S.A.)

1 lb. cream cheese
1 lb. Ricotta cheese
1 1/2 c. sugar
4 eggs
3 Tbsp. flour
3 Tbsp. cornstarch
1/4 c. melted butter, cooled
2 tsp. vanilla
1 pt. sour cream
canned fruit topping

Mix both cheeses together. Add sugar gradually. Beat in eggs one at a time. Add dry ingredients and mix well. Add vanilla and butter; mix in. Fold in sour cream. Pour into ungreased 10-inch spring-form pan. Bake at 325° on middle rack of oven for 1 hour. Shut off oven and leave cheesecake in for 2 more hours. Top with canned fruit. Serves 8-10.

Ginger Gallant
Diane Marino

SWISS CHOCOLATE CAKE
(Switzerland)

1 3/4 c. sifted cake flour
1 1/3 c. sugar
2 tsp. baking powder
1/4 tsp. baking soda
3/4 tsp. salt
2/3 c. shortening
2 oz. unsweetened chocolate, melted
1 c. evaporated milk
1 tsp. vanilla
2 eggs
2 c. heavy cream
1/2 c. sifted confectioners sugar
1/4 tsp. vanilla

Sift dry ingredients, then add shortening, chocolate, evaporated milk and 1 teaspoon vanilla. Beat 2 minutes with electric mixer on low speed. Add unbeaten eggs; beat again for 2 minutes. Pour into two 8 x 8-inch greased pans. Bake 30-35 minutes at 350°. Chill layers until thoroughly cold. Split each layer. Whip heavy cream until stiff. Fold in confectioners sugar and 1/4 teaspoon vanilla. Spread evenly between layers. Refrigerate until firm. Serves 8-10.

Judy Hall

VINNIE'S FAVORITE CAKE
(New England)

3 c. flour
1 1/4-1 1/2 c. sugar
1 c. mayonnaise
1/2 c. milk
2 eggs
2 tsp. baking soda
1 1/2 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. salt
1/4 tsp. ground cloves
3 c. sliced apples
1 c. raisins
1/2 c. chopped walnuts

Mix the first ten ingredients for 2 minutes at medium speed. Add remaining ingredients. Pour into 9-inch round deep pan. Bake in a 350° oven for 45-60 minutes.

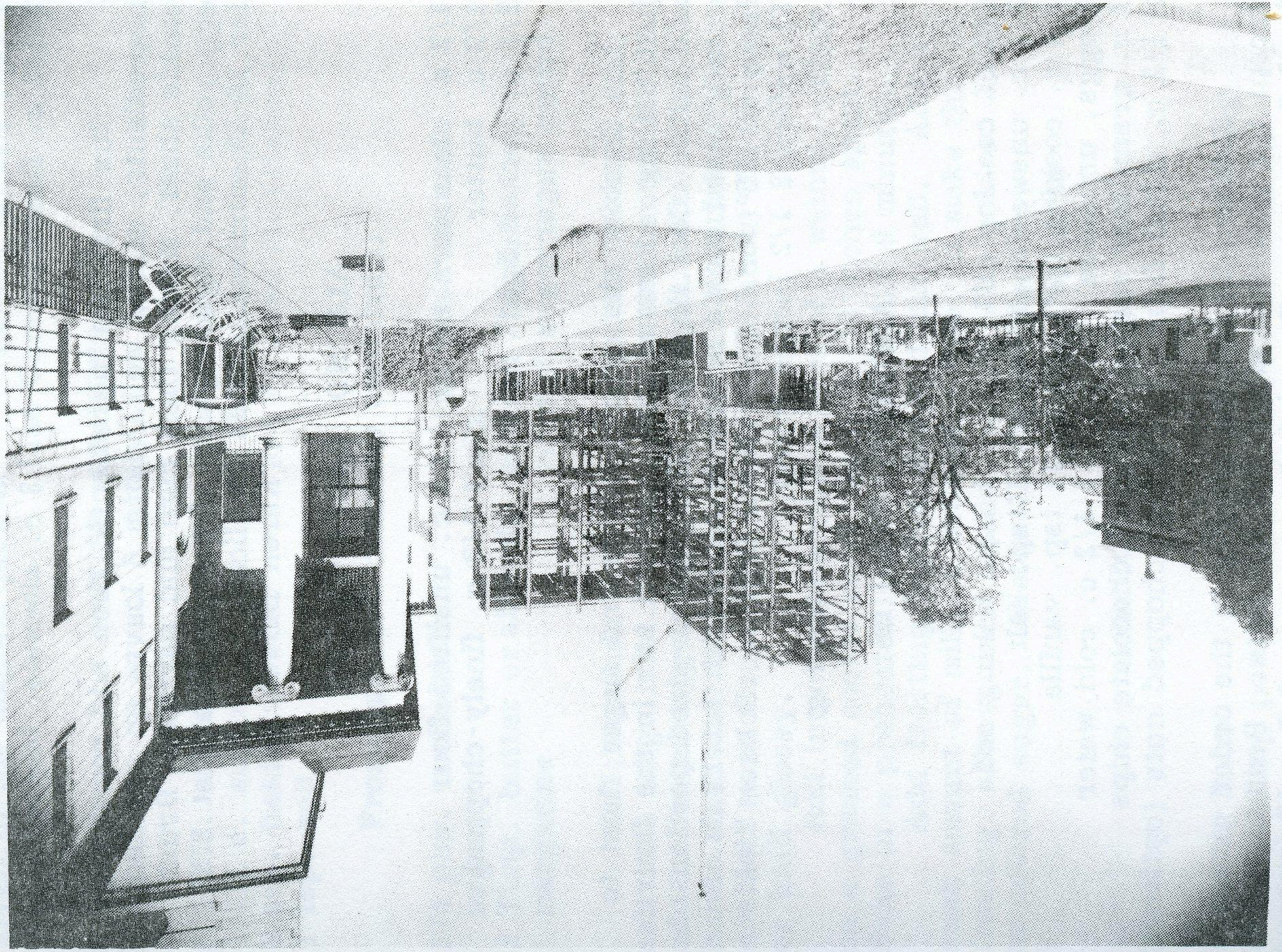
Frosting:

1 lb. confectioners sugar
1 stick butter, melted
1 1/2 tsp. vanilla
1/2 tsp. salt
4-5 Tbsp. milk

Blend all ingredients.

Theresa Capudilupo

A view from the Bulfinch yard of the construction site in October of 1938.
The final section of the steel frame was erected in November of 1938.



2437-5

ALMOND COOKIE LOAF
(Italy)

1 c. granulated sugar
1 c. dark brown sugar
2 eggs
2 tsp. baking powder
2 1/2 c. flour
3 Tbsp. cinnamon
dash of nutmeg
1/3 c. vegetable oil
3 Tbsp. water
3 c. almonds, toasted

Mix first two ingredients, then add remaining ingredients, mixing well. Form 6 loaves on greased cookie sheet, making them high and narrow. Brush egg yolks and water on top of loaves. Bake at 375° for 20-25 minutes. Yields 36 slices.

Karen Delvecchio

ALMOND LACE WAFERS
(Christmas Cookies; U.S.A.)

1/2 c. clear corn syrup
1/2 c. butter
2/3 c. packed light brown sugar
1 c. unsifted flour
1 1/2 c. finely-chopped almonds

Combine the syrup, butter and sugar; heat to just boiling. Remove from heat and stir in the flour and nuts. Cool slightly. Drop grape-sized portions onto greased cookie sheets at 2 1/2-inch intervals. Bake at 375° for 5-6 minutes. Cool on racks. Yields 72 wafers 2 1/2 inches round.

Linda Manning

ANDREW'S FUDGIES
(U.S.A.)

2/3 c. cooking oil*
3/4 c. unsweetened cocoa
1/4 c. cooking oil*
2 eggs, unbeaten
2 c. granulated sugar
2 1/2 c. sifted flour
1 tsp. baking soda
1 tsp. salt
1 tsp. vanilla
1 1/2 c. cold water
1 c. chocolate chips
1 c. chopped nuts (optional)

Combine all the ingredients in the order given, except the chocolate chips and the nuts. Beat together for 5-7 minutes. Pour into an ungreased 9 x 12-inch or

11 x 17-inch pan. Batter will be very thin. Spread evenly in the pan and sprinkle with the chocolate chips and the nuts. Bake at 350° for approximately 20 minutes. Cool in the pan and cut into squares or bars. Yields 12-20.

*Note: The way the oil is listed is the way it is given in the original recipe.

Lisa Caramanica

ANISE COOKIES
(Italy)

5 1/2 c. sifted flour
1 1/2 c. sugar
6 tsp. baking powder
1 tsp. salt
6 large eggs
2 tsp. anise extract
3/4 c. salad oil (Italian)

Frosting:

3/4 pkg. confectioners sugar
2 Tbsp. butter or margarine
2 tsp. anise extract
milk
colored Jimmies
colored sugar

Sift together flour, sugar, baking powder and salt in a large bowl. Make a well in the center and add unbeaten eggs, anise and salad oil. Mix with hands until well blended. Batter will be sticky. Do not add more flour. Let batter stand about 10 minutes or until glossy.

Roll into balls about the size of a walnut. Place on a greased cookie sheet about 1 1/2 inches apart. Bake in a preheated 410° oven for about 9 minutes.

Add frosting ingredients and mix well. Add a small amount of milk, a little at a time, to make thin frosting. Frost each cookie and top with colored Jimmies or colored sugar. Yields 70-75 cookies.

Lorraine Capistran

APRICOT JAM BARS
(Italy)

1 1/2 c. flour
1 tsp. baking powder
1 c. brown sugar
1 1/2 c. quick-cooking oatmeal
3/4 c. margarine
1 c. apricot jam

Mix flour, baking powder, brown sugar and oatmeal together in a medium-sized bowl. Cut in margarine until crumbly. Pat 2/3 of this mixture into a 9 x 13-inch pan. Spread jam over crumb layer. Cover with the remaining crumb mixture. Bake at 350° for 35 minutes. Cool and then cut into bars. Yields 4 dozen.

Any flavor of preserves or jam may be used: Raspberry, rhubarb, strawberry, etc. Do not use jelly!

Virginia M. Petrino
Kerry Darin

APRICOT-NUT RUGELAH
(Austria)

Filling:

1 c. ground pecans
1 c. currants
1/2 c. sugar
1 Tbsp. cinnamon

Dough:

8 oz. cream cheese (room temperature)
2 c. flour
1 c. butter (room temperature)
2 Tbsp. sugar

Other Ingredients:

flour for dusting
12 oz. apricot jam

Filling: Combine pecans, currants, sugar and cinnamon; set aside.

Dough: Combine cheese, flour, butter and sugar in a large bowl and blend well. Divide dough into four pieces and dust each with flour, shaking off any excess. Roll each piece between two sheets of waxed paper into 10-inch circles. Refrigerate each for 1 hour. Preheat oven to 375°. Butter your baking sheet. Spread each circle of dough with apricot jam, spreading evenly. Add filling. Cut each circle into 12 wedges, making 48 in all. Roll each wedge from the bottom edge to the point. Arrange on prepared baking sheet with points down. Bake at 375° for about 20 minutes, until golden. Cool on wire rack and store in airtight container. Yields 48 pieces.

Cookie Weinstein

BEACON HILL COOKIES
(U.S.A.)

1 c. (6 oz.) semi-sweet chocolate morsels
2 egg whites
dash of salt
1/2 c. sugar
1/2 tsp. vanilla
1/2 tsp. vinegar
3/4 c. chopped walnuts

Melt chocolate morsels over hot water. Beat the egg whites with a dash of salt until foamy. Gradually add sugar, beating until stiff peaks form. Beat in vanilla and vinegar. Fold in chocolate and walnuts. Drop by teaspoonfuls onto a greased cookie sheet. Bake at 350° for 10 minutes. Remove immediately from cookie sheet and cool. Yields 2 1/2 dozen.

Jacqueline Cressey

BROWNIES
(Cake-like; U.S.A.)

1 1/2 c. sugar
6 Tbsp. butter
3 eggs, well beaten
6 Tbsp. milk
1/4 tsp. salt
1 c. flour
3 sq. baking chocolate, melted
1 tsp. vanilla
1 c. chopped nuts

Combine the sugar and butter. Add eggs, milk, salt, flour and chocolate; mix well. Add vanilla and nuts. Spread in a 9-inch square pan and bake at 350° for 25 minutes. Yields approximately 3 dozen.

Maryanne Spicer

BUTTERBALLS
(Jewish)

1 c. softened butter
1 c. powdered sugar
1/2 tsp. salt
diced nuts
1 Tbsp. vanilla
2 c. flour
1 c. chocolate morsels, melted
1 Tbsp. corn syrup
nuts, finely chopped

Combine the first six ingredients in a large bowl. Mix at low speed with a beater until the dough forms and becomes lighter in color. Shape into balls or crescents. Place on an ungreased cookie sheet and bake

at 325° for 15 minutes. Do not brown. Roll in melted chocolate and corn syrup and chopped nuts while still hot. Yields 3-4 dozen.

Marilyn Tannenbaum

BUTTERSCOTCH STICKS
(New England)

1 (12 oz.) pkg. Nestle butterscotch bits
1 (7 oz.) pkg. Durkee shoe-string potato sticks

Melt butterscotch bits on low heat in top of double boiler. When completely melted, stir in package of potato sticks. Stir with wooden spoon until all sticks are coated. Turn out on foil or plate. They can be chilled in the refrigerator until set. Then cut or break into bite-sized pieces. Yields approximately 1 pound. Serve as a cookie, candy or snack. It's simple but delicious.

George Hamacher

CHOCOLATE CHIP COOKIES
(U.S.A.)

1 c. soft butter or margarine
3/4 c. granulated sugar
3/4 c. brown sugar
1 tsp. vanilla
1/2 tsp. water
2 eggs
2 1/4 c. flour
1 tsp. baking soda
1 tsp. salt
12 oz. chocolate chips

Combine butter, sugars, vanilla, water and eggs in a bowl and beat until creamy. Add flour, soda and salt. Stir in chocolate chips and mix well. Drop by well rounded teaspoonfuls onto a greased cookie sheet and bake at 375° for 10-12 minutes. Yields 2-3 dozen.

Fran Gobi

CHOCOLATE-MINT BROWNIES
(U.S.A.)

4 sq. unsweetened chocolate
2 sticks margarine
4 eggs
2 c. sugar
2 tsp. vanilla
1 c. flour

Frosting:

3 c. confectioners sugar
1 Tbsp. margarine
3 Tbsp. milk
2 1/2 tsp. peppermint extract

Topping:

3 sq. unsweetened chocolate
3 Tbsp. margarine

Brownies: Melt chocolate with margarine and cool. In separate bowl beat eggs with sugar; add vanilla and flour. Add chocolate mixture to egg and flour mixture. Bake at 350° in a greased 9 x 13-inch pan for 25 minutes. Cool.

Frosting: Combine ingredients and spread over cooled brownies.

Topping: Melt chocolate with margarine and pour over top of brownies; let cool for 10 minutes.

Yields 5-6 dozen.

Diane Marino

CHOCOLATE LACE COOKIES
(Midwest U.S.A.)

3/4 c. sifted flour
1/2 tsp. baking powder
1 c. sugar
1/2 tsp. salt
1/4 c. milk
1/4 c. light corn syrup
1/2 c. butter, melted
1 tsp. vanilla
1 c. quick oatmeal, uncooked
1/2 c. chopped walnuts or coconut (or 1/4 c. each)
1 lb. dipping chocolate*

Sift flour with baking powder, sugar and salt. Add milk, syrup, butter and vanilla; mix well. Stir in oatmeal and nuts. Drop 2 inches apart by the half-teasponful onto Teflon (or parchment paper covered) cookie sheets. Bake at 375° for 6-8 minutes. Allow cookies to set no more than a minute, and then gently remove with a spatula to a rack to cool. Melt chocolate slowly in the top of a double boiler, making sure it doesn't burn or boil. Spread chocolate on bottom of each cookie in a thick layer. Cool and enjoy! Yields 8 dozen.

*Dipping chocolate may be purchased in candy making supply stores.

Susan Primm

"CHUNKIES" COOKIES
(Chocolate-Nut-Raisin; U.S.A.)

1 1/4 c. sifted flour
1 1/2 c. sugar
1/4 tsp. salt
2 eggs
1/2 c. shortening or margarine
3 sq. unsweetened chocolate, melted
1 tsp. vanilla
1 tsp. rum or almond extract
1/2 c. raisins
3/4 c. walnuts

Sift flour, sugar and salt. Add beaten eggs to flour, then shortening, chocolate, vanilla, rum, raisins and nuts. Mixture will be thick, but should be well blended. Drop by teaspoonfuls onto ungreased cookie sheets. Bake at 350° for 12-14 minutes. Yields 24 cookies.

Ann Marie Speicher

DATE NUT BALLS
(U.S.A.)

1 c. sugar
1 c. dates, cut up
1/4 c. butter (1/2 stick)
1 egg, unbeaten
1 tsp. vanilla
2 c. Rice Krispies
1 c. walnuts
flaked coconut

Put sugar, dates, butter and egg in a saucepan and cook 10 minutes, stirring constantly so it doesn't burn or stick to pan. When done add vanilla. In a large bowl put the Rice Krispies and walnuts (broken up). Mix all together and roll into balls, keeping hands buttered. Roll into coconut. Yields approximately 5 dozen.

Joan Pappalardo

4 BY 4 COCONUT COOKIES
(North of Scotland)

4 oz. sugar
4 oz. butter
4 oz. flour
4 oz. coconut

Mix all ingredients together. Make small balls and bake for 15-20 minutes at 350°. Allow to cool before serving. Yields approximately 2 dozen.

Note: Mixture will keep in an airtight container in the refrigerator for later cooking.

Dr. and Mrs. Graham Gumley

GINGER COOKIES
(Irish-New England)

2/3 c. shortening
1 c. sugar
1 egg
1/4 c. molasses
2 c. flour
1 tsp. baking soda
1 tsp. cinnamon
1 tsp. nutmeg
1 tsp. ginger
1/8 tsp. cloves

Mix all ingredients together and roll into two rolls. Wrap each roll in waxed paper and refrigerate overnight (or for at least 4 hours). Slice into 60 slices. Place slices on a greased cookie sheet, leaving space as they will spread while baking. Bake at 350° for 8-10 minutes. Decorate for Christmas or Halloween as you wish. Yields 60 cookies.

Mary Vitale

GRAM'S MOLASSES COOKIES
(Authentic Maine Farm Family)

1 c. sugar
1 c. shortening
2 eggs
1 c. molasses
1 Tbsp. baking soda
1 tsp. salt
1 tsp. cinnamon
1/2 tsp. ginger
1/2 tsp. cloves
1/2 tsp. nutmeg
about 4-5 c. flour
1/2 c. sour milk

Cream sugar and shortening together. Add eggs and molasses; mix well. Alternately add dry ingredients and milk until mixture becomes a stiff consistency. Roll out on a floured board and cut to any shape you wish. Bake at 400° until firm but not crisp, about 8-10 minutes. These cookies decorate well with frosting, sprinkles, etc. for Christmas cookies and freeze very well. Yields 16.

Note: To make sour milk add 1/2 teaspoon vinegar to 1/2 cup milk and allow to set for 5 minutes or so.

This recipe was given to me by my grandmother who learned it from her mother.

Linda B. White

HELLO DOLLY COOKIES
(U.S.A.)

1 stick butter or margarine
1 c. graham cracker crumbs
1 c. chocolate chips
1 c. butterscotch chips
1 c. shredded coconut
1 c. chopped nuts
1 can sweetened condensed milk

In a 10 x 13-inch cake pan melt the butter and let it cool slightly. Sprinkle the crumbs evenly over the butter. Add in layers, without stirring, the chocolate chips, butterscotch chips, coconut and nuts. Drizzle the milk over all. Bake at 350° for 30 minutes. Cool and cut into bars or squares. (If you are using a glass baking pan, bake at 325°.) Yields 2-4 dozen.

Sue Bua
Phyllis Giannino

HERMITS
(U.S.A.)

1 c. raisins
1/2 c. butter
1 c. sugar
2 eggs
2 Tbsp. molasses
2 c. flour
1 tsp. baking soda
1/2 tsp. salt
1 tsp. cinnamon
1/2 tsp. powdered cloves
1 tsp. nutmeg
1/2 c. chopped walnuts (optional)

Cover raisins with cold water and boil for 15 minutes. Drain and cool. Cream butter with sugar until light and fluffy. Add eggs one at a time and add molasses. Sift dry ingredients and add to the cream mixture. Add cooled raisins and blend thoroughly. Pour into a greased and floured 9 x 13-inch pan and bake at 350° for 35-40 minutes. Cool in the pan and cut into squares. Yields about 2 dozen.

Brenda M. Ferdinand

GREAT-GRANDMA'S HERMITS
(Old New England)

2/3 c. softened margarine
2 c. brown sugar
1/4 c. boiling water
2 eggs
2 lightly-rounded c. flour
1 tsp. salt
1 tsp. soda
1 tsp. nutmeg
3/4 tsp. cloves
1 c. seedless raisins

Preheat oven to 350°. Grease a 9 x 13-inch baking pan. Cream butter and sugar together and add the boiling water. Beat in eggs. Stir in the flour and spices. Mix well and add the raisins. Spread in the greased baking pan and bake at 350° for 30 minutes. Cut while warm. Yields 2-3 dozen.

Patty Austen

HOLLAND BUTTER ALMOND COOKIES
(Holland)

1/2 lb. lightly salted butter, softened
2 c. flour
2/3 c. granulated sugar
sliced almonds

Put first three ingredients into a mixing bowl. Knead with hands until mixed and ingredients leave the side of the bowl. This batter must be mixed for quite awhile, approximately 5 minutes. Place soft batter in a 13 x 9-inch ungreased pan. With palm of hand spread evenly in pan. Sprinkle with sliced almonds and press lightly into batter. Bake for 35 minutes at 350° or until lightly browned. When cool, cut into bars. Yields 40. These are absolutely delicious and quick to make!

Virginia Petrino

ITALIAN ANISE BISCOTI
(Italy)

2 sticks butter or margarine
6 eggs, beaten
1 tsp. oil of anise or lemon or vanilla
6 c. flour
1 1/2 c. sugar
2 Tbsp. baking powder

Melt butter and let cool. Add to beaten eggs and add flavoring. Mix dry ingredients. Make a well in the flour mixture and add egg and butter mixture; stir all together well.

Divide dough into 9 even pieces. Roll each out like a cigar, long enough to fit onto a cookie sheet. Place three on a sheet and bake at 375° for 10-15 minutes, until brown. Remove from oven and immediately cut on the diagonal every 1/2 inch. Yields approximately 9 dozen.

Note: You can beat 1 egg and brush on cookie dough before baking.

Esther M. Cavallo

ITALIAN COOKIES
(Italy)

2 eggs
1 c. brown sugar
1 c. white sugar
2 heaping tsp. cinnamon
2 level tsp. baking powder
1/3 c. oil
2 1/2 c. flour
3 Tbsp. water
2 (4 oz.) pkg. slivered browned almonds
beaten egg (to brush on dough)

Mix eggs and sugar together. Add cinnamon, baking powder, oil, flour, water and almonds. Mix and form into shape of two small loaves of French bread. Brush beaten egg on top and bake at 350° for 25 minutes. After baking cut on the diagonal to form small biscuits. Yields approximately 5 dozen.

Adela Buckley

KATHY NEE'S HERMIT BARS
(New England)

1 c. oil
1/2 c. molasses
1/2 c. milk
3 c. flour
1 c. sugar
1 tsp. baking soda
1/2 tsp. salt
1 1/2 Tbsp. cinnamon and nutmeg, mixed (to taste)
1/2 c. raisins
1/2 c. nuts

Mix together dry ingredients. Add oil, molasses and milk to dry ingredients; mix together. Add raisins

and nuts. Spread mixture into ungreased roasting pan and bake 20-30 minutes at 350°. Yields 2-3 dozen bars.

Kathy Nee

KIFFLES
(Finger Nut Rolls; Poland)

1 lb. cream cheese
1 lb. butter (room temperature)
4 c. all-purpose flour
powdered sugar
unbeaten egg white

Nut Filling:

2 eggs
1/2 c. coconut
1/8 tsp. butter
1 tsp. vanilla
1/4 c. sugar
honey
milk

Combine cream cheese, butter and flour into a soft ball of dough. Wrap in waxed paper and refrigerate about 3 hours. Cut into 4-5 pieces and roll out on powdered sugar to desired thickness.

Prepare filling with ingredients listed above, using a whiskey glass of honey and enough milk to moisten. Cut pastry pieces into 2-inch squares and fill with Nut Filling and roll up. Brush tops of rolls with beaten egg white before baking at 375° for about 20 minutes. Yields approximtaely 5-6 dozen.

Treg Henry

KOURABIEDES
(Greek Wedding Cakes; Greece)

1 c. lightly salted butter
1/4 c. sugar
1 egg yolk
1/2 tsp. baking powder
2 Tbsp. brandy
1/2 c. chopped pecans
2 1/2 c. sifted flour
confectioners sugar

Cream the butter with electric mixer until it is light and fluffy. Add the sugar slowly beating all the time. Add the egg yolk and brandy. Sift the baking powder with the flour and fold into the butter mixture by hand. Add the chopped nuts a little at a time. Knead gently with hands, adding a little flour to keep

the dough from sticking. Using 1 tablespoon of dough, shape into crescents or balls. Place on ungreased baking sheet and bake about 30 minutes in a 375° oven or until golden. Watch carefully! Remove from oven and allow to cool for 5 minutes. Sprinkle heavily with sifted confectioners sugar while warm. These cakes may be stored when cold. Yields approximately 2-3 dozen.

Nancy Pamas

KOURAMBIATHES
(Greece)

1 lb. sweet butter
1/4 c. powdered sugar
1 egg yolk
5-6 c. flour
3/4 c. walnuts, chopped fine
clove powder

Melt butter over medium flame. Remove any salt particles by skimming the top. Butter must be clear for success with the recipe. In a mixing bowl combine butter, powdered sugar, egg yolk and cream for 2 minutes. Add flour gradually, mixing constantly.

Knead vigorously for about 20 minutes. At this point the dough should be crumbly but smooth. Add nuts and mix thoroughly. Shake in approximately 1 teaspoon clove powder and mix.

Pinch off small amounts of dough and form into half-moon shapes, star shapes, etc. Place on ungreased cookie sheet about 1/2 inch apart. Bake in a 375° oven until golden brown, for about 15-20 minutes.

Sift powdered sugar into large bowl and when cookies are done, roll in sugar carefully until well coated. Arrange on platter and sift remaining sugar over them. Yields 4 dozen.

Sylvia Gioulis

LEMON SQUARES
(New England)

1 c. butter or margarine, softened
1/2 c. unsifted powdered sugar
2 1/3 c. unsifted flour
4 eggs
2 c. sugar
1/3 c. lemon juice
1 tsp. baking powder
powdered sugar (for topping)

In a bowl cream butter and powdered sug
fluffy. Add 2 cups flour, beating until blended. Spread evenly over the bottom of a greased 9 x 13-inch baking pan. Bake at 350° for 20 minutes.

In a small bowl beat eggs until light and foamy. Gradually add sugar, beating until thick and blended. Add lemon juice, remaining 1/3 cup flour and baking powder; beat until well blended. Pour lemon mixture over the baked crust and return to the oven. Bake about 20 minutes or until golden and custard is set. Remove from the oven and sprinkle with powdered sugar. Cool completely and cut into small squares or bars. Yields 20 pieces.

Sylvia Weld
Gail Grootemaat

LOVERS KNOTS
(Chrusciki; Poland)

3 eggs
1 Tbsp. sugar
1 Tbsp. water
1/4 tsp. salt
flour (as needed)

Beat eggs well. Add sugar, water and salt; add enough flour to make a stiff dough. Knead well on floured board. Divide dough in several portions and roll out on board until it is as thin as paper. Cut dough into strips, 1-1 1/2 x 4 inches. Make hole in middle of strip and pull end through hole. Fry in deep fat until light brown. Turn once and lift out. When cool, sift powdered sugar over tops. Chrusciki will have little blisters and are attractive. Yields 2-3 dozen.

Laurie O'Leary
Rosemary Jaromin

MacLEOD'S SHORTBREAD
(Donvegan Castle, Isle of Skye, Scotland)

1 1/2 c. flour, sifted
3/4 c. confectioners sugar
1/4 tsp. salt
1/2 lb. butter, softened to room temperature
vegetable shortening

Preheat oven to 325°. Mix all ingredients together and knead thoroughly until mixture has a

doughy consistency. Spray mold with vegetable shortening (preferably a thistle mold). Press mixture firmly into mold and bake about 1 hour or less, until color is pale; not too dark. Rim mold and remove. Yields approximately 12. (Other type bread pan may be used.)

B. Hutchins

MAINE OATMEAL COOKIES
(New England)

1/2 c. margarine and
1/2 c. Crisco (or
1 c. margarine)
1 c. white sugar
1 c. brown sugar
2 eggs, unbeaten
1 tsp. vanilla (or left-over coffee)
1 tsp. baking soda
3/4-1 c. raisins
1 3/4 c. flour
2 c. regular (not quick) rolled oats
1/2 c. chopped walnuts (optional)

Melt down margarine and Crisco; add sugars. Stir in eggs, vanilla, baking soda and raisins. Add flour and oats; mix well by hand. Grease cookie sheets with Crisco. Drop by teaspoonfuls onto a warm cookie sheet. Bake at 350° for about 8-10 minutes or until lightly browned. Yields 3 dozen.

Dr. and Mrs. John D. Crawford

MARY LEMOLE'S HONEY BALLS
(Strufoli; Italy)

2 Tbsp. shortening
1 1/2 c. sugar
6 eggs, beaten
1 1/2 c. milk
1 tsp. vanilla extract
1 small lemon, juiced and skin grated
1 small orange, juiced and skin grated
7 c. sifted flour (approximately)
1 tsp. baking powder (for every 1 c. flour)
1 large can shortening
honey

Cream shortening and sugar together. Add eggs, milk, vanilla and lemon and orange gratings and juices; mix well. Gradually add approximately 7 cups sifted flour and the baking powder (so dough is slightly sticky but can be rolled easily). Roll dough into long strips, about 1/2 inch thick. Cut dough into 1-inch

pieces. Deep fry in melted shortening (1 large can). When pieces emerge to the top and look golden, remove from the pan and place on a paper towel to absorb the oil. Arrange pieces in a dish and drip honey over the balls. Yields approximately 7 dozen.

Rosemarie Lemole

MILLIE'S FAVORITE COOKIES
(Northeast U.S.A.)

1/2 c. margarine
1/2 c. maple syrup
1/2 c. milk
1 1/4 c. whole wheat flour
1 1/4 c. rolled oats
1/2 tsp. baking soda
1/2 tsp. baking powder
1/4 tsp. salt
1/2 tsp. nutmeg
1/2 tsp. cinnamon
1/2 c. raisins
1/2 c. sesame or sunflower seeds

Mix dry ingredients together and stir well. Mix wet ingredients together and stir well. Combine wet and dry ingredients together and mix well with a wooden spoon. Drop by rounded teaspoonful onto a greased cookie sheet and flatten with a fork or your fingertips. Bake at 350° for about 10 minutes. Yields 3 1/2 dozen. Delicious, high in fiber and great with milk or tea.

Mary Farkas

MOIST AND CHEWY BROWNIES
(U.S.A.)

1 (12 oz.) pkg. semi-sweet chocolate chips
1/4 c. butter
2 c. Bisquick
1 (14 oz.) can condensed milk
1 egg, beaten
1 c. chopped nuts (optional)

Melt chocolate chips and butter in a large saucepan over very low heat, stirring occasionally until well blended. Remove from the heat; add Bisquick, milk and egg and stir well. Stir in the nuts. Lightly grease or spray with Pam a 9 x 13-inch baking pan. Pour in mixture and bake at 350° for 20-25 minutes. Cool slightly and cut into squares. Yields 2-3 dozen.

I use the microwave to melt the butter and chocolate chips, then just add the rest of the ingredients to the same glass bowl.

Rosemary Jaromin

MOLASSES COOKIES
(U.S.A.)

3/4 c. shortening
1 c. sugar
1/4 c. molasses
1 egg
2 c. flour
2 tsp. baking soda
1/8 tsp. baking powder
1/4 tsp. cloves
1 tsp. cinnamon
1 tsp. ginger
1/2 tsp. salt
sugar for coating

Mix all ingredients. (It will become necessary to hand mix.) Roll into small balls, then roll in sugar. Place on greased cookie sheet and bake at 350°-375° for 10 minutes. Remove from cookie sheet with spatula when puffy and slap them down on cooling rack with some force to achieve the crinkle top. Yields 2 dozen.

Gail Grootemaat

MRS. TORREY'S OATMEAL COOKIES
(Canada)

2 c. rolled oats
2 c. flour
1 c. brown sugar
1 c. shortening
1 tsp. salt
1 scant tsp. baking soda
1/4 c. hot water
1 tsp. vanilla
sugar

Mix oats, flour, sugar, shortening and salt in a large bowl. Dissolve baking soda in the hot water; add vanilla. Add to dry mixture; mix well. Shape into balls 1 inch in diameter. Flatten with a fork dipped in sugar. Bake at 375° for 7-8 minutes or until very light brown. Yields about 3 dozen. Children love them.

Joseph Kubilus

NOEL BALLS
(Jewish)

3 c. sifted flour
1 1/2 tsp. salt
1 1/6 c. Crisco
2 Tbsp. rum or orange juice
2 tsp. rum extract or vanilla
1 1/2 c. nuts
1 c. sifted powdered sugar

Mix flour and salt in a large bowl; cut in Crisco. Dough will be crumbly. Add rum, rum extract (or

substitutes) and nuts. Mold into 1-inch balls. Place on ungreased cookie sheets and bake at 375° for 12-15 minutes. Roll in powdered sugar while still hot. Yields 3 dozen.

Marilyn Tannenbaum

OATMEAL FUDGE BARS
(U.S.A.)

Oatmeal Layer:

1/2 c. soft shortening
1 c. light brown sugar, packed firmly
1 egg
1/2 tsp. vanilla extract
3/4 c. sifted flour
1/2 tsp. baking soda
1/2 tsp. salt
2 c. quick-cooking oats
1/2 c. chopped walnuts (optional)

Fudge Layer:

1 (6 oz.) pkg. semi-sweet chocolate pieces
1/3 c. sweetened condensed milk
1 Tbsp. butter
1/4 tsp. salt
1 tsp. vanilla

Preheat oven to 350°. Grease a 9 x 9 x 1 3/4-inch baking pan.

Make Oatmeal Layer: In medium bowl with wooden spoon, beat shortening with sugar until fluffy, then beat in egg and vanilla. Sift flour with baking soda and salt into sugar mixture; mix well. Stir in oats and nuts. Remove 1 cup of mixture for topping. Press rest of mixture into bottom of prepared pan.

Make Fudge Layer: In small saucepan, combine chocolate pieces, milk, butter and salt. Cook, stirring, over low heat until chocolate and butter are melted. Remove from heat and stir in vanilla. Spread chocolate mixture over Oatmeal Layer; put rest of oat mixture on top. Bake 25 minutes or until light brown. Let cool completely in pan; cut into bars. Yields 2 dozen.

Diana Shuda

ONE-TWO-THREE
(U.S.A.)

1 large pkg. Nestle chocolate bits
2 Tbsp. peanut butter
3 c. cornflakes

Melt chocolate bits and peanut butter in a double boiler. Put cornflakes in a large mixing bowl. When chocolate and peanut butter are melted, pour over flakes and toss until well coated. Drop by teaspoonful onto cookie sheet. Place in refrigerator until firm. Remove with a spatula. Yields approximately 5 dozen.

Dorothy Kelliher

PEANUT BUTTER COOKIES
(New Jersey)

1 egg
1/2 c. Crisco
1/2 c. white sugar
1/2 c. brown sugar
1/2 c. peanut butter
1 1/4 c. flour
1/2 tsp. baking soda
1/2 tsp. salt

Combine flour, baking soda and salt; set aside. Blend together the egg, Crisco, white sugar and brown sugar. Add the peanut butter to the sugar mixture. Stir in the dry ingredients. Form into balls (the size of a walnut) and press with a fork on a cookie sheet. Bake at 375° for 10 minutes. Yields 3 dozen.

Note: This is an old family recipe.

Donna Marie Weber

PECAN DELIGHTS
(U.S.A.)

1 c. butter, softened
3 Tbsp. sugar
2 c. unsifted all-purpose flour
2 c. finely-chopped pecans
1 tsp. vanilla extract
powdered sugar

Preheat oven to 275°. In a mixing bowl cream together the butter and sugar. Sift flour three times and blend into the butter mixture. Add nuts and vanilla. Roll into balls about 1 inch in diameter. Place on a baking sheet and bake for 1 hour. While still warm, roll in powdered sugar. Roll again in powdered

sugar when cooled. Store in a tightly covered tin. Yields 4 dozen.

Lorraine Capistran

PEPPARKAKOR
(Sweden)

3 1/4 c. flour
2 tsp. baking soda
2 tsp. cinnamon
1 tsp. ginger
1/2 tsp. cloves
1 c. margarine or butter
1 1/2 c. granulated sugar
1 egg
1 Tbsp. water
2 Tbsp. corn syrup

In a small bowl sift together all the dry ingredients. In a large bowl cream the butter and sugar. Add egg, water and corn syrup to the butter mixture and mix well. Add the dry ingredients and mix well. Chill dough overnight.

Roll dough 1/8 inch thick and cut with cookie cutters. Bake 1 inch apart on an ungreased cookie sheet at 375° for 6-10 minutes. Yields approximately 2-3 dozen. (Popular cookies at Christmastime.)

Kristin Ahlman

PEPPERNUTS
(Germany)

2 c. lard
1 c. hot coffee
2 c. sugar
1 1/2 c. dark Karo syrup
1/2 c. molasses
1 3/4 tsp. anise
1 tsp. baking soda
2 tsp. salt
11 1/3 c. flour

Melt lard; add coffee, sugar, syrup, molasses and anise. Add dry ingredients and mix well by kneading. Refrigerate for several hours or overnight. Mixture will be very stiff. Cut or spoon out sections of dough, approximately 4 x 4 x 4 inches, and roll out about an inch in diameter. Cut into 1/4 to 1/2-inch thick pieces. Bake at 375° for 10-12 minutes. Peppernuts will be small, hard cookies. Yields 200 or more cookies.

Karen R. Johnson

PIEROSZKI
(Polish Holiday Cookies; Poland)

1 lb. butter
1 lb. cream cheese
1 lb. flour
fruit for filling (cherries, pineapple, prunes, etc.)

Allow ingredients to soften and mix all together. Roll in waxed paper and place in refrigerator for 1 hour. Sprinkle flour lightly on counter and roll out dough. Cut with glass into circles and fill with whole cherry, or sliced pineapple, prunes, etc. After filling, fold circles into crescents. Bake 15 minutes at 350°. Yields 4-6 dozen. (You may use 1/2 of this recipe for less work.)

Laurie O'Leary

RAISIN-WALNUT CLUSTER
(New England)

1 (12 oz.) pkg. chocolate bits
3/4 c. chopped walnuts
1 c. raisins

Melt chips in the top of a double boiler. Add nuts and raisins; mix well. Drop by teaspoonfuls onto a cookie sheet. Allow to harden. Yields 1-1 1/2 dozen.

Pat Beckles

REESE'S PEANUT BUTTER SQUARES
(U.S.A.)

2 sticks margarine or butter, melted
1 c. chunky peanut butter
2 1/2 c. confectioners sugar
1 3/4 c. graham cracker crumbs
1 c. chocolate chips

Melt margarine or butter and mix with the peanut butter. Add the confectioners sugar and mix well. Add graham cracker crumbs and press mixture into a 9 x 13-inch buttered pan. Melt chocolate chips in a double boiler and spread evenly over top of mixture. Refrigerate. Cut into squares. Yields 2-3 dozen.

Deborah Bowen

RUTH MOULTON'S SPICE BALLS
(New England)

3/4 c. shortening
1 c. sugar
1 egg
4 Tbsp. molasses
2 c. flour
2 tsp. baking soda
1 tsp. cinnamon
1 tsp. cloves
1/2 tsp. ginger
1/2 tsp. nutmeg
1/4 c. sugar (for rolling)

Cream shortening and sugar together. Add egg and molasses to mixture. Sift dry ingredients together and add to mixture. Chill dough 2-3 hours. Shape dough in balls the size of small walnuts. Roll in sugar and place on a greased cookie sheet. Bake 10 minutes, until cookies are golden brown, at 350°. Yields 40-50 cookies.

Dr. Anne Moulton

SANTA CLAUS COOKIES
(Netherlands)

1 lb. butter
2 c. sugar
1/2 c. sour cream
4 c. flour
4 tsp. cinnamon
1 tsp. nutmeg
1/2 tsp. soda
1/2 c. chopped almonds

In a large bowl mix the butter, sugar and sour cream; beat until light and fluffy. Stir in the flour, spices and soda. Add almonds. Shape into rolls and wrap in foil or waxed paper. Refrigerate overnight. Slice thin and bake at 350° on a greased cookie sheet for 10-12 minutes or until lightly browned. Yields 2-3 dozen.

Henry J. Sikkema

SHORTBREAD
(Scotland)

1-1 1/3 c. all-purpose flour or 1 c. all-purpose flour and 1/3 c. rice flour
1/4 c. superfine sugar
8 Tbsp. butter, cut in pieces
1/2 tsp. vanilla or almond extract
cinnamon (optional)
chopped almonds (optional)

Sift dry ingredients into a bowl and lightly rub in butter until mixture resembles fine bread crumbs. Add flavoring and without using any liquid, knead into one lump. Lightly butter baking sheet. Turn out dough onto sheet. Using the heel of your hand, press dough into a smooth round, approximately 8 inches in diameter. Smooth top with fingers. Use a fork to mark edges, then prick all over many times with a fork. Score with knife into 8 or 12 wedges.

Bake for 20 minutes, or until pale golden, at 350°. Do not overbake! Allow to cool slightly before removing from sheet. Yields 1 Shortbread.

Variations: Sprinkle lightly with cinnamon or finely-chopped almonds before baking.

Molly Fisher

SNOWFLAKE COOKIES
(U.S.A.)

2 egg whites
1/8 tsp. salt
1/8 tsp. cream of tartar
3/4 c. sugar
1 tsp. vanilla
1 (6 oz.) pkg. chocolate chips
3/4 c. chopped pecans (optional)
plain tissue paper

Beat egg whites, salt and cream of tartar until frothy. Add sugar gradually, beating until mixture becomes stiff. Fold in vanilla, chips and pecans. Drop from a teaspoon 2 inches apart on a cookie sheet lined with tissue paper (not waxed paper). Cook for 25 minutes at 350°. Yields 3 dozen. Store in an airtight container up to a week. Do not refrigerate or cookies will become chewy.

William H. Frist, M.D.

SPRITZ COOKIES
(Sweden)

2 c. all-purpose flour
1/2 tsp. double-acting baking powder
1 c. butter, softened
3/4 c. sugar
1/4 tsp. salt
1 egg
1/2 tsp. almond extract or 1 tsp. vanilla extract
candied cherries (garnish)

You will need a cookie press for these. Sift flour with baking powder. Cream butter, sugar and salt; add egg and extract and mix well. Add sifted ingredients in small amounts. Preheat oven to 375°. Attach desired tip to cookie press and fill press with dough.

Press dough onto ungreased cookie sheets, 2 inches apart, and garnish with candied cherries. Bake 8-10 minutes or just until lightly golden around edges. Remove to wire racks to cool.

To store, place in airtight container at room temperature up to 3 weeks. Or wrap well, label and date, and freeze for up to 3 months. Yields 45 cookies.

Suzanne C. Brown
Nancy Simonetti

SQUARES
(U.S.A.)

1 (6 oz.) pkg. chocolate chips
1 1/2 c. graham cracker crumbs
1 c. chopped nuts
1 (14 oz.) can sweetened condensed milk

Preheat oven to 325°. Grease an 8-inch square pan, line with waxed paper and grease waxed paper. Mix all ingredients until thoroughly blended. Spoon into pan and spread evenly. Cook at 325° for 30-35 minutes. Remove from oven and let set 5 minutes. Turn onto dish and carefully remove waxed paper. Cut into squares when cool. Yields approximately 3 dozen bars.

Joan Elkin

10-MINUTE JAM BARS
(Canada)

1/2 c. softened butter
1/3 c. shortening
1/2 c. brown sugar
1 tsp. vanilla
2 c. flour
1 small jar jam

Cream sugar, butter, shortening and vanilla. With fork cut in flour to make crumb mixture. Put 1/2 the mixture into an 8 x 8-inch pan. Spread with jam (raspberry, apricot, pineapple all work well). Put rest

of mixture on top. Bake at 350° for 40 minutes. Yields 16 squares.

Pat Hooley

..

STJÄRNOR
(Stars; Sweden)

3/4 c. confectioners sugar
1 c. butter
2 c. sifted flour
1/4 tsp. salt
1/4 tsp. baking powder
1 tsp. vanilla
1 small jar raspberry jam
walnuts, finely crushed

Cream sugar and butter. Sift dry ingredients together three times and add gradually to creamed mixture. Add vanilla. Shape into small balls, flatten a bit and make small indentation in tops with floured thumble. (Do not go all the way down to cookie sheet.) Fill indentations with jam and sprinkle with chopped nuts. Bake in a 350° oven for 10-15 minutes, until lightly browned. Cool slightly before removing with spatula to cooling rack. Yields 4-5 dozen.

Nancy Simonetti

WAFFLE ANISE COOKIES
(Italy)

6 eggs
1 c. sugar
1 c. oil
1 Tbsp. Spry
4 c. flour
4 Tbsp. baking powder
1/4 tsp. salt
3 Tbsp. anisette

Mix eggs, sugar, oil and Spry. Add flour, baking powder, salt and anisette. Mix well. Heat waffle iron grill. When hot, cook 3/4 teaspoon of mixture at a time until done. Yields 100 cookies.

Gael Evangelista

WHOLE WHEAT CHOCOLATE CHIP NUT BARS
(U.S.A.)

2 c. all-purpose flour
1 c. whole wheat flour
1 tsp. baking soda
2 eggs
2 c. packed brown sugar
1 c. cooking oil
2 tsp. vanilla
2 tsp. instant coffee crystals

1 c. cold water
1 c. semi-sweet chocolate chips
1 c. chopped walnuts or pecans

Sift together flours and baking soda. In large bowl beat eggs until light and fluffy. Gradually add brown sugar, oil and vanilla; beat well. Dissolve coffee crystals in cold water; gradually stir into egg mixture. Add dry ingredients; beat until well combined. Pour batter into a greased 15 x 10 x 1-inch baking pan. Sprinkle chocolate chips and nuts evenly over top. Bake in a 350° oven for 25-30 minutes. Cool and cut into bars. Yields 36 bars.

Merry Chames

BROWN BUTTER FROSTING
(Pennsylvania Dutch)

1/2 c. butter
1 egg
2 Tbsp. milk
3 1/4 c. confectioners sugar
3/4 c. Gold Medal flour
1/2 tsp. salt
1 Tbsp. light corn syrup
1 tsp. vanilla

Brown the butter in a saucepan over medium heat until golden brown. Remove from the heat. Beat together the egg and the milk and blend into the butter. Add the flour, sugar, salt, corn syrup and vanilla; beat until smooth. Add more milk for consistency if needed. This makes enough frosting for two 8 or 9-inch layers or one 9 x 13-inch oblong pan.

William L. Cain

CREAMY CHOCOLATE FROSTING
(U.S.A.)

3 Tbsp. shortening
3 sq. unsweetened chocolate
2 c. sifted confectioners sugar
1/4 tsp. salt
1/3 c. milk
1 tsp. vanilla

In double boiler melt shortening and chocolate. Blend in remainder of ingredients. Stir until smooth. Place bowl in ice water and stir until thick enough to

spread. This step will take about 10 minutes. This yields enough to frost a double-layer cake.

Paula Halpin

SHARON'S BUTTERCREAM FROSTING
(U.S.A.)

1/4 c. plus 1 Tbsp. flour
1 c. granulated sugar
pinch of salt
1 c. milk
2/3 c. softened butter or margarine
flavorings (vanilla)

Mix together in heavy saucepan the flour, sugar and salt. Add the milk gradually, stirring to make a smooth mixture. Cook the above over medium heat, stirring constantly, until the mixture comes to a boil and is quite thick. Cool very well. (To speed cooling, put mixture into another bowl and store in refrigerator.)

When this is cool, cream butter in bowl of electric mixer; add the cooled mixture by large spoonfuls, beating at high speed until well combined and very fluffy. Flavor as desired. For example: Use 1 teaspoon vanilla or almond, any liqueur (creme de cacao or kahlua are good), 1 square bitter chocolate and several tablespoons of strong coffee make a delicious mocha frosting; orange rind and juice are equally good.

Yields approximately 1 1/2 cups.

Hilda Sequeira

CARAMELS
(U.S.A.)

1 c. butter
1 lb. (2 1/2 c.) brown sugar
dash of salt
1 c. light corn syrup
1 (15 oz.) can sweetened condensed milk
1 tsp. vanilla

Melt butter in a heavy 3-quart saucepan. Add sugar and salt; stir thoroughly. Stir in corn syrup; mix well. Gradually add milk, stirring constantly. Cook and stir over medium heat to firm ball stage (245°), 12-15 minutes. Remove from heat; stir in vanilla. Pour into buttered 9 x 9 x 2-inch pan. Cool and cut into squares. Yields 60-80 pieces.

Diane Marino

HELLENSBURGH TOFFEE
(Scotland)

4 oz. butter
1/4 pt. water or milk
1 Tbsp. corn syrup
2 lb. granulated sugar
7 1/2 fluid oz. condensed milk
1 tsp. vanilla
walnut halves

Put the butter and water or milk into a large pan and heat until butter has melted. Add syrup and sugar; heat gently until sugar is dissolved. Do not boil mixture at this stage. Add condensed milk and bring gradually to a simmering point. Stir mixture constantly until the temperature reaches 240° or until some of the syrup forms a soft ball when tested in cold water. Remove from heat, allow to settle and add vanilla.

Beat mixture vigorously until it changes texture and color. When it is ready to pour the texture should be slightly grained and the color should have lightened. Pour into a greased tin and cut into squares. Decorate with walnut halves. Yields approximately 3 pounds.

Note: This is more like a fudge than a toffee. It has a rich creamy flavor.

Jean M. Piazza

PEANUT BUTTER FUDGE
(U.S.A.)

2 1/2 c. sugar
1 small can evaporated milk
2 Tbsp. butter
1/2 tsp. salt
1/3 c. Marshmallow Fluff
3/4 c. peanut butter
1 tsp. vanilla

Combine sugar, evaporated milk, butter and salt in a heavy saucepan and bring to a boil. Cook until the mixture reaches the soft ball stage on a candy thermometer. Remove from the heat and add the Marshmallow Fluff, peanut butter and vanilla. Beat together and pour into a greased 8 x 8-inch pan. Yields approximately 1 pound.

Barbara Carter

POTATO CANDY
(Rural Maine)

1 large potato, peeled
1 box confectioners sugar
1 box grated coconut
1 tsp. vanilla
6 oz. semi-sweet chocolate bits, melted

Cook potato until tender and mash while hot. Add sugar, coconut and vanilla. Mix well and press into a square pan. Melt chocolate and pour over the potato mixture. Refrigerate until cool and cut into 1-inch squares. Yields approximately 5 dozen.

Linda B. White

** EXTRA RECIPES **

The White Building nearing completion in February of 1939. The outside brickwork was completed in December, 1938.

Desserts

APPLES BAKED IN BUTTER
(Southern U.S.A.)

5-6 apples (Golden Delicious)
salt
sugar
1 lemon
melted butter

Peel, core and thinly slice apples. Arrange in overlapping rows in shallow baking pan. Sprinkle lightly with salt and generously with sugar. Add juice of the lemon and pour melted butter over all. Place in a 300° oven and bake 25 minutes. Before serving, sprinkle with sugar, dot with butter and broil until edges are golden brown. Serve with cream, plain or whipped, or hard sauce. Serves 4-6.

Mrs. Howard Ulfelder

APPLE MATZOH KUGEL
(Jewish)

4 boards matzohs
3 eggs
3/4 c. sugar
1/2 tsp. salt
4 Tbsp. oil
1 Tbsp. cinnamon
1/2 c. raisins
1/2 c. chopped walnuts
3 apples, peeled and cubed
2 Tbsp. margarine

Break matzohs in pieces and soak in water for a few minutes, then drain. Beat eggs, sugar, salt, oil and cinnamon until fully mixed. Add matzohs, raisins, walnuts and apples; mix together. Put mixture in a 9 x 12-inch greased pan. Sprinkle with additional cinnamon and sugar if desired. Dot with margarine and bake at 350° for 35-45 minutes. Serves 8-10.

Laurie Smith

APPLE AND MINCEMEAT CRUMBLE
(England)

1 c. mincemeat
1 1/2 c. sieved, cooked apples
1 Tbsp. brandy
1 c. all-purpose flour
1/2 c. butter or margarine
1/2 c. sugar
grated peel of 1 lemon

Mix mincemeat, apples and brandy; put in an ovenproof dish. Rub butter into flour; add sugar and

lemon peel. To assemble, pour crumble onto apples and mincemeat and bake 40 minutes in a fairly hot oven (400°). Serves 8.

Jacqueline A. Goodwin

FRENCH APPLE SLICES
(France)

Pastry:

2 c. flour
1/2 tsp. salt
3/4 c. butter or margarine
2 egg yolks
7 Tbsp. cold water
1 Tbsp. lemon juice

Filling:

10 large cooking apples
1/4 c. sugar
1/4 tsp. salt
1 Tbsp. flour
1 tsp. cinnamon

Glaze:

3/4 c. confectioners sugar, sifted
1/2 tsp. vanilla
1 Tbsp. water

Pastry: Sift the flour and salt together. Mix in the butter or margarine with a pastry cutter or knife until mixture is the consistency of bread crumbs. Add the egg yolks, water and lemon juice; mix until it forms a soft ball. Roll out 1/2 of the pastry and line the bottom of a 12 x 7-inch baking dish.

Filling: Peel, core and slice the apples. Toss in a mixture of sugar, salt, flour and cinnamon. Place apples in the pastry.

Roll out top crust and place over apples. Cut a few slits in top crust to allow steam out. Seal edges and bake in a 350° oven for 45-50 minutes. Remove from oven and cool.

Mix together the glaze ingredients. Spread over crust. Cut into squares. Serves 6.

Linda Gorham Ryan

APPLE FRITTERS
(Poland)

2 eggs
3 Tbsp. sugar
5 Tbsp. sour cream
3/4 c. (or slightly more) sifted flour
1 lb. apples

Combine egg yolks with sugar; add sour cream, beaten egg whites and flour. Mix lightly. Peel, core and thinly slice apples. Dip apple slices in batter and fry in hot oil or Crisco on both sides until golden. Serve hot sprinkled with powdered sugar. Serves 4.

Variation: A pinch of salt and cinnamon may be added to batter.

Jean Bator

APPLE PAN DOWDY
(New England)

6 large apples
1 tsp. lemon juice
sugar and cinnamon to taste
1/2 c. softened butter or margarine
1/2 c. brown sugar
3/4 c. white flour

Mix together the butter or margarine, brown sugar and flour until mixture is crumbly. Slice apples and place in a 7 x 10 x 2-inch casserole dish. Add lemon juice, cinnamon and sugar. Pat the crumb topping on top of the apples. Bake at 425° for 30 minutes or until crumb topping is golden brown. Serves 6-8.

Elaine O'Neil

CHOCOLATE BREAD PUDDING
(U.S.A.)

5 slices white bread, broken up small
4 eggs, beaten by hand or in blender
2 c. milk
1 c. sugar
5 Tbsp. Hershey's unsweetened cocoa (powder)
1/4 tsp. salt
2 tsp. vanilla
6 tsp. butter

Mix everything except bread together. Add bread and mix well so that none is seen. Butter a casserole dish (glass) and pour in mixture. Put a

few dots of butter (size of 1 teaspoon) in various places on top of mixture. Cover with aluminum foil and place in a pan of water. Bake at 350° for 1 hour making sure there's always water in the pan. Top with either whipped cream or hard sauce. Serves 6-8.

Patty Maloney

CHOCOLATE STEAMED PUDDING
(U.S.A.)

2 sq. melted chocolate
1/3 c. butter
1 c. sugar
1 egg
1 c. milk
1 tsp. vanilla
2 c. flour
4 tsp. baking powder
1/2 tsp. salt

Melt chocolate and butter. Stir in sugar and egg; beat until smooth. Add milk and vanilla. Sift together flour, baking powder and salt; stir into first mixture. Pour into buttered mold and steam in kettle of water for 2 hours. (Waxed paper directly on pudding keeps out water.) Serve with hard sauce. Serves 6-8.

Linda A. Peterson

TRADITIONAL CHRISTMAS PUDDING
(England)

1 lb. day-old white bread
1 c. flour
1 lb. currants
1 lb. sultana raisins
1 lb. seedless raisins
3/4 lb. suet
4 oz. candied peel, finely chopped
2 oz. almonds, shredded
1 apple, grated
juice of 1 orange
grated rind of 1 orange
1/2 tsp. cinnamon
1/2 nutmeg, grated
1 tsp. salt
6 eggs, beaten to a froth
1/2 c. stout (English type beer)
1/4 c. brandy

Trim crusts and grate bread into crumbs. Put all other ingredients into a big bowl and ask as many friends or family as you can to stir the mixture and make a wish. Now add a few silver coins for luck. Add one extra splash of brandy for extra luck. Put mixture into greased pudding basins and seal with foil and waxed paper, firmly tied on with string. Steam for

8 hours and let cool. The mixture can be cooked several months before Christmas.

For the second cooking, steam for 4 hours. Serve with a sprig of holly on the top and blazing brandy. Warn your guests about the silver coins. Serves 10.

Elaine O'Neil

LAPPA PUURO
(Cranberry Pudding; Finland)

2 c. fresh cranberries
3 c. water
1 c. sugar
1/2 c. quick-cooking Cream of Wheat or farina
light cream or milk

Boil cranberries and water rapidly until berries pop open. Rub through a sieve or Foley mill and return juice to the pan. Add sugar and sprinkle in the Cream of Wheat while heating and stirring the juice. Cook about 5 minutes. Set aside and cool to room temperature. Then beat with a mixer until texture is light and airy. Chill thoroughly. Serve with light cream or milk. Serves 4-6.

Don Lans

ICEBOX PUDDING
(England)

2 doz. ladyfingers
2 sq. sweet chocolate, grated
4 eggs, separated
Cool Whip
cherries (to decorate)
nuts (to decorate)

Put chocolate and egg yolks together in double boiler and melt. Stir well but do not boil. Remove from burner and cool. Whip whites of eggs and fold into chocolate mixture.

Line two small loaf pans with waxed paper or aluminum foil. Then alternate layers of ladyfingers (first), then chocolate. Refrigerate for 2 hours. Remove from pan. Ice with Cool Whip. Decorate with grated chocolate, cherries or nuts. Slice and serve. Serves 8.

Ann Handy

INDIAN PUDDING
(American Indian; Colonial)

5 c. milk
6 Tbsp. yellow cornmeal
1 Tbsp. butter
1 c. dark molasses
1 tsp. ginger
1 tsp. cinnamon
1/4 tsp. mace
1/8 tsp. cloves
1/4 tsp. salt

Scald 2 cups milk. Mix with 2 cups unscalded milk. Stir in cornmeal. Cook over hot water for 20 minutes. Add butter, molasses, spices and salt. Pour into a buttered dish. Bake at 300°. After 30 minutes, pour a cup of milk over the pudding. Bake 2 more hours. This recipe dates to the early 18th century. The taste and texture are as authentic as you'll ever enjoy! Serves 6-8.

R. Gordon Talley

NOODLE PUDDING
(Jewish)

1 lb. narrow noodles
1 stick butter or margarine
1/2 c. sugar
1/2 pt. sour cream
1 egg
1 lb. large curd cottage cheese
1 tsp. vanilla
raisins or chunk-style pineapple (as much as desired)

Half cook the noodles. Allow to cool. In large mixing bowl cream butter. Add sugar, then sour cream, then the egg. Mix. Add cottage cheese last (to prevent curds from breaking) and mix. Add half-cooked, strained noodles; mix. Add vanilla and raisins or pineapple chunks.

Pour into greased glass baking pan and bake, uncovered, at 350° for 1/2 hour or until light brown on top. This is good served warm or cool, and as a left-over. It can be served with the meal or as dessert. Serves 6-8.

Jovan Brodeur

LUKCHEN KUGEL
(Noodle Pudding; Eastern Europe)

1/2 lb. noodles
4-5 eggs, separated
1/2 c. sugar
1/2 c. butter, melted
1 pt. sour cream
1 lb. cottage cheese
1 1/2 tsp. vanilla
1/2 lb. cream cheese
1/4 c. milk
cinnamon-sugar
raisins

Topping:

4 oz. cornflakes
1/2 c. butter, melted
1 c. brown sugar

Boil noodles. Cream egg yolks with sugar until smooth; add noodles, melted butter, sour cream, cottage cheese and vanilla. Cream milk with cream cheese and add to mixture. Whip egg whites until stiff and fold in carefully.

Pour half of the mixture into baking dish and sprinkle with cinnamon-sugar and raisins. Cover with rest of mixture.

Make Topping: Crumble cornflakes; add brown sugar and melted butter. Spread over top of mixture. Bake at 350° for 40 minutes. Serves 10.

Muffy Lutzin

MIMI'S NOODLE PUDDING
(Jewish)

1 lb. broad noodles, cooked
1 lb. cottage cheese
1/2 c. milk
1/4 lb. Velveeta cheese, cut into small pieces
1 c. sour cream
1/4 lb. melted butter
sugar to taste
4 eggs
1/2 c. sugar
1 3/4 c. milk
1 tsp. vanilla
cinnamon and sugar

Mix together first seven ingredients. Pour into greased 9 x 13-inch pan. Then beat the eggs and add 1/2 cup sugar. Beat well and add milk and vanilla. Beat together and pour onto noodle mixture in pan. Coat heavily with cinnamon and sugar. Bake 1 1/2 hours at 350°. Serves 12-16.

Muriel Rosenblum

SNOW PUDDING
(New England)

1 envelope unflavored gelatin
3/4 c. sugar
1/8 tsp. salt
1 1/4 c. boiling water
1/4 c. fresh lemon juice
3 egg whites
grated peel from 1 lemon
Custard Sauce*

In large bowl of electric mixer combine gelatin with sugar and salt; mix thoroughly. Add boiling water and stir to dissolve the gelatin and sugar. Stir in lemon juice and mix thoroughly. Refrigerate until mixture is the consistency of unbeaten egg whites, about 3/4 of an hour or longer. Add egg whites and beat at high speed until mixture forms stiff peaks when beaters are slowly raised; it takes about 20 minutes. Turn into 2-quart mold and refrigerate until chilled and firm enough to unmold or overnight.

To serve: Loosen edge of mold with sharp knife and invert on serving dish. Shake gently to release. If necessary, place a hot, damp dish cloth on bottom of mold and shake again to release. It may also be served without molding: Just spoon out into dessert dishes and top with Custard Sauce.

For variety, and also a very pretty touch: Add canned mandarin oranges (drained) on top of pudding serving and then top with Custard Sauce. When fresh strawberries are in season, slice and use in the same manner. This is a light, elegant dessert which is excellent after a big meal. Serves 6.

*Custard Sauce:

1 1/2 c. whole milk
3 egg yolks
1/4 c. sugar
dash of salt
1/2 tsp. vanilla extract

In heavy saucepan slowly heat milk just until bubbles form around edge of saucepan. In a small bowl with rotary beater, beat egg yolks, sugar and salt until just combined. Slowly pour hot milk into egg mixture, beating constantly, and then pour back into saucepan. Cook, stirring constantly, over very low heat until custard forms a coating on metal spoon; it

takes about 10 minutes. Custard should be thick and lump free. Pour into bowl and add vanilla. Place sheet of plastic wrap directly on surface of sauce to prevent skin from forming. Refrigerate until well chilled, about 2 hours. Serve over Snow Pudding. Yields 1 1/2 cups.

Frances M. Dyer

CANNOLI
(Italy)

3 c. sifted flour
2 large eggs, beaten
1/3 c. sugar
3 Tbsp. butter, melted
2 Tbsp. water
cannoli tubes
Ricotta Filling*

In a large bowl blend first five ingredients. Knead on a floured board for 10 minutes or until dough is smooth and satiny. Form into a ball, cover and let rest for 1 hour. Divide dough into 4 sections. Working with one section at a time, roll as thin as possible on a lightly floured board. Cut into 4 or 4 1/2-inch circles. Wrap each circle around a cannoli tube, overlapping the edges (moisten with a little bit of water) and pressing edges to make them stick.

Deep fry the shells a few at a time in hot oil (375°) until golden; this usually takes 1-2 minute(s), they cook very quickly. Remove with tongs and drain on paper towels. Remove tubes from shells (use pot-holder; tubes will still be hot). Allow shells to cool completely before filling. Yields 12-18 Cannoli.

Note: Shells freeze beautifully and may be made well in advanice. Pack carefully so shells do not break; they are very fragile. Or, they may be kept in a "tight" cookie tin for about a week.

*Ricotta Filling:

2 lb. Ricotta cheese**
1 1/2 c. confectioners sugar
1/2 c. grated semi-sweet chocolate
1/2 tsp. vanilla or orange liqueur
ground pistachio nuts (optional)

With an electric beater, mix all the above ingredients until well blended. Put filling in a pastry bag

fitted with a 1/2-inch tip and just before serving fill shells from both ends. Dip ends into ground pistachio nuts and sprinkle Cannoli with sifted confectioners sugar. Yields filling for 12-18 cannoli shells.

**If Ricotta cheese appears wet, drain through a fine sieve before using.

Frances M. Dyer

CASSATA A LA SICILIANO
(Sicily, Italy)

32 oz. Ricotta Cheese
1 c. sugar
1/2 tsp. vanilla
1 oz. coffee liqueur
2 Tbsp. chocolate chips
1/4 c. candied fruit
sponge cake, cut into 1-inch slices
confectioners sugar

Combine Ricotta cheese, sugar, vanilla and liqueur in a bowl and blend thoroughly until smooth. Add chocolate and fruit; mix well. Line an 8-inch spring-form mold (or deep pan or bowl) bottom and sides with cake slices. Turn Ricotta mixture into lined mold. Cover top with cake pan or bowl. Invert into serving dish and sprinkle with confectioners sugar.

Note: Ricotta mixture may be used between layers of sponge cake or ladyfingers and the cake covered with whipped cream or a favorite icing with a little almond extract. Refrigerate until ready to serve. Serves 6.

Concetta A. DeRosa

CHERRIES IN THE SNOW
(U.S.A.)

1 pkg. graham cracker crust (or your favorite recipe)
1 (3 oz.) pkg. cream cheese, softened
1/2 c. sugar
1/2 tsp. vanilla
1 c. whipping cream
1 c. miniature marshmallows
1 can cherry pie filling, chilled (or other fruit, canned or fresh)

Press graham cracker crust into the bottom of an 8-inch square pan. Beat cream cheese and sugar until fluffy. Add vanilla. Fold in the cream (which has been whipped) and the marshmallows. Spread into the pan on

top of the crust. Put in the freezer for several hours. Serve topped with fruit. Serves 9.

Gail Grootemaat

FRUIT DIP
(U.S.A.)

1 jar Marshmallow Fluff
1 (8 oz.) pkg. cream cheese, softened
1/8 tsp. nutmeg
1/2 tsp. ginger
juice of 1 orange
1 Tbsp. orange rind
fruits (oranges, pineapple, bananas, strawberries, grapes, melons, etc.)

Blend first six ingredients. Cut and arrange fruits. Use toothpicks and dip into marshmallow mixture. Yields 2 cups.

Ginny Donahue

BAKED DEVIL'S FLOAT
(U.S.A.)

1/2 c. sugar
1 1/2 c. water
12 marshmallows, quartered
2 Tbsp. shortening
1/2 c. sugar
1 tsp. vanilla
1 c. flour
1/2 tsp. salt
1 tsp. baking powder
3 Tbsp. cocoa
1/2 c. milk
1/2 c. chopped nut meats

Cook sugar (1/2 cup) and water for 5 minutes; pour into casserole. Top with marshmallows. Cream shortening and sugar; add vanilla. Add flour, salt, baking powder and cocoa with milk. Add nuts. Drop from spoon over marshmallows. Cover. Bake at 350° for 45 minutes. Serve hot, topped with ice cream or whipped cream. Serves 6.

Gail Grootemaat

ANNA'S GRAPEFRUIT DESSERT
(Pennsylvania Dutch)

3 grapefruit (regular or pink)
2 Tbsp. sugar
2 Tbsp. cognac or brandy
2 Tbsp. Forbidden Fruit liquor
2 Tbsp. white rum
2 Tbsp. Grenadine

Syrup:

2 c. sugar
1 c. water

Take the grapefruit, pare and section; cut sections in halves. Drain juice and discard. Put in large covered jar. Make syrup and boil. While cooling add remaining ingredients and pour over grapefruit. Put into refrigerator and let marinate for a week or longer. Serve cold and it can be used as cocktail or dessert. Serves 6.

William L. Cain

PEACH CREAM
(Germany)

1 large can sliced peaches, well drained (reserve 1/2 c. syrup)
1 envelope unflavored gelatin
1/2 c. sugar
dash of salt
1 tsp. vanilla extract
1/2 c. sour cream
1 c. heavy cream, whipped

Crush drained peaches with potato masher; set aside. In a small saucepan sprinkle gelatin over the reserved syrup to soften. Place over low heat and dissolve gelatin, stirring constantly. Stir in sugar and salt, heating only enough to dissolve the sugar. Remove from heat and combine with crushed peaches. Stir in vanilla. Chill, stirring occasionally, until mixture mounds slightly when dropped from a spoon. Stir in sour cream and fold in the whipped cream.

Turn into a 1-quart mold or bowl or 4-6 individual glasses. Chill until firm. Serves 4-6.

Barbara Casarano

SHORTCUT STRUDEL
(Germany)

3/4 c. margarine or unsalted butter, softened
2 c. flour
1/2 lb. cottage cheese
1 (16 oz.) jar apricot preserves
a handful of chopped walnuts
a handful of white raisins
a handful of coconut
milk (to brush on dough)
cinnamon-sugar mixture

Knead margarine, flour and cottage cheese well. Divide into four parts and roll out into thin rectangles. Spread on each: Preserves, walnuts, raisins, coconut and sugar and cinnamon mixture. Roll up rectangle like a jellyroll. Brush with milk and sprinkle with cinnamon and sugar. Make dents on top with back of knife to the size of slices; do not cut through. Bake at 375° for about 30 minutes. Serves 4-6.

Cookie Weinstein

QUICK STRAWBERRY MOUSSE
(U.S.A.)

1 pt. sour cream
1 large (16 oz.) box frozen strawberries, thawed
1 c. sugar
1 Tbsp. vanilla
sliced fresh strawberries (for garnish)

Combine all ingredients, except fresh strawberries. Divide into two empty ice cube trays. Cover trays with tin foil or plastic wrap and freeze. Serve in dessert dishes. Garnish with fresh sliced strawberries, if available. Serves 6-8.

Paula Halpin

LINZER TARTE
(Austria)

1 c. flour
1 c. butter (unsalted)
1 1/2 c. ground hazel nuts
1/2 c. sugar
2 egg yolks
1/2 tsp. cinnamon
1/4 tsp. ground cloves
1/4 tsp. allspice
1 c. raspberry jam (for topping)
1 egg white, beaten with a little water

Mix all ingredients, except jam, together by hand to form a ball; do not beat. Let rest in refrigerator at least 1 hour. Divide dough into two halves and roll one half on floured board into a 9-inch circle. Place into an 8-inch baking pan to form bottom and slight rim. Spread jam evenly on bottom. From second half of dough, form a lattice to top jam. Brush lightly with egg white. Bake at 350° for 35 minutes. Cool before removing from pan. It keeps well. Serves 6-8.

Tamar Wurmfeld

PAVLOVA
(Australia)

4 egg whites
pinch of salt
8 oz. superfine sugar
1 tsp. vinegar
1/2 tsp. vanilla
1 tsp. cornstarch
whipping cream

Beat egg whites with salt for 5 minutes. Gradually add sugar, vinegar and vanilla; beat until stiff. Add cornstarch; fold in lightly. Pour mixture into 9-inch pie plate, keeping sides of mixture slightly higher than the center.

Electric Oven: Preheat to 400°. Add Pavlova. Reset to 250°. Bake for 1 1/2 hours.

Gas Oven: Bake 10 minutes at 400° and 1 hour at 250°.

When Pavlova is completely cooled, top with whipped cream that has been beaten with a few drops of vanilla and superfine sugar. Top cream with your favorite fruits. Serves 8.

Suggestions: Kiwi fruit, strawberries, bananas, grated chocolate, peppermint bars.

Note: This is one of Australia's most famous desserts, named in honor of the famous ballerina.

Janine Burgess

PLUM TART
(California)

Crust:

1/2 c. butter
1 c. sugar
1 1/4 c. flour
1/2 tsp. salt
1/2 tsp. cinnamon
1/4 tsp. baking soda

Filling:

1 lb. fresh plums, halved and pitted
1 egg
1 c. heavy cream

Crust: Cream butter and sugar until fluffy. Add rest of ingredients until mixture reaches a texture of peas. Reserve 1/3 cup of mixture. Press into an 11-inch tart pan. Build up edges thicker than bottom.

Filling: Arrange plums in a single layer over crust, skin side up. Sprinkle with reserved 1/3 cup mixture. Bake in a preheated 375° oven for 15 minutes. While baking, beat the egg slightly in a bowl; add cream and beat well. Pour egg mixture over plums, return tart to oven for 25 minutes, until knife comes out clean. Serve warm or cold. Serves 6-8.

Ruta Straumanis

SCHAUM TORTE
(Germany)

8 whites of eggs
2 c. granulated sugar
1 pt. heavy cream (for whipping)
1 1/2 tsp. vinegar
1 1/2 tsp. vanilla
berries

Beat eggs with mixer until stiff enough to hold up in peaks, then beat in sugar, 2 tablespoons at a time, three times, beating after each addition. Add vanilla and vinegar; fold in the rest of the sugar. Grease a spring-form pan and pour in the mixture. Bake an hour or longer in a slow oven (300°). Fill with whipped cream and berries. Yields 6-8.

Leslie Holmes

TORTONI
(Italian Frozen Custard; Italy)

2 eggs, separated
1/2 tsp. vanilla
1/2 c. powdered sugar
2 Tbsp. sweet sherry
1 pt. heavy cream
1/2 c. crumbs from dry coconut cookies (don't use moist ones)

Beat egg whites until stiff. Set aside. Beat cream until thick but not stiff. Set aside. Beat egg yolks with sugar until thick and lemon colored. Add vanilla and sherry. Fold in egg whites. Add whipped cream. Gently stir in cookie crumbs. Pour into 12 cupcake cups (foil are best) and cover tops with more cookie crumbs. Freeze and serve right from freezer. This has the consistency of ice cream. Serves 12.

Liz Amatruda

ICE CREAM DESSERT
(U.S.A.)

Crust:

1/2 c. butter
1 (3 oz.) can coconut
2 c. graham cracker crumbs
1 c. chopped pecans

Sauce:

1 (6 oz.) pkg. chocolate chips
1 (10 oz.) pkg. miniature marshmallows
1 can evaporated milk

Filling: 1/2 gal. vanilla ice cream

Melt butter and coconut together and brown lightly. Allow to cool. Heat marshmallows and milk together. When marshmallows are about half melted add chocolate chips and heat until it becomes a smooth chocolate sauce. Allow to cool.

Add graham crackers and the pecans to the butter and coconut mixture after cooling; mix well. Divide into three equal portions. Press 1/3 of crust mixture into a 9 x 13 x 2-inch pan. Cut ice cream into slices and place 1/2 of slices on top of crust. Put 1/2 of chocolate sauce on top. Repeat layers of crust, ice cream slices and chocolate sauce, ending with 1/3 portion of crust mixture on top. Freeze. It may be kept for several days. Serves 6-8.

Sue Bua

CHOCOLATE TRIFLE
(England)

1 large (16 oz.) carton Cool Whip
2 pkg. instant chocolate pudding
3 c. milk
1/4-1/2 c. Kahlua
1 chocolate sheet cake, allowed to get stale for 3 days
1 pkg. Bits 'O Brickle or 6 Heath bars, crushed

Bake cake according to directions. Make stale for 3 days. Make pudding with 3 cups milk instead of the amount called for. In a large glass bowl or trifle

dish, crumble cake; drizzle cake with Kahlua. Layer with pudding, brickle and Cool Whip. Repeat layers until ingredients are used up. End with Cool Whip and brickle on top. Place a cherry in the middle. Serves 10-12.

Wendy Potash

ENGLISH TRIFLE
(England)

2 (8 inch) sponge cakes
1 jar raspberry jam
1 c. golden sherry
1 box strawberry jello, prepared according to pkg. directions
1 can sliced peaches, drained
2 bananas, sliced
3 boxes custard, prepared according to pkg. directions
1 box lemon jello, prepared according to pkg. directions
2 c. sliced seedless grapes
1 box orange jello, prepared according to pkg. directions
1 small can mandarin oranges
2 c. heavy cream, whipped
2 c. halved strawberries
confectioners sugar

Split one sponge cake and spread with jam. Place in a large, deep bowl. Sandwich halves together and soak with 1/2 cup sherry. Prepare strawberry jello according to package directions; layer and chill until set. Layer peaches and 1 sliced banana. Prepare 1 box custard, layer and chill until set.

Layer other sponge cake in same fashion as before, using remaining sherry. Prepare and layer lemon jello and set. Layer halved grapes plus second banana. Prepare and layer orange jello and chill until set. Layer mandarin oranges. Prepare and layer 2 additional boxes of custard.

Top with whipped cream and then the halved strawberries. Sprinkle with confectioners sugar. Serves 12.

John Charles

SHERRY TRIFLE
(England)

1 (3 1/4 oz.) pkg. vanilla pudding and pie filling
2 c. light cream
2 1/4 c. whipping cream

3 Tbsp. sugar
2 Tbsp. red raspberry preserves
1 (10 inch) round sponge cake
1/2 c. medium sweet sherry
30 whole strawberries

Combine pudding mix and light cream. Cook, stirring constantly, until mixture comes to a boil and thickens. Chill. Whip 1 1/4 cups whipping cream and 1 tablespoon sugar until stiff. Fold into chilled pudding. Coat inside of deep 10-inch bowl with raspberry preserves to within 1 inch of top.

Slice cake horizontally into fourths. Place top slice, crust side up, in bottom of bowl, curving edges of cake upward. Sprinkle 1/4 of sherry over cake slice, repeat procedure two additional times. Spreading 1/3 of pudding mixture over each cake slice, also using 1/2 of the strawberries. Cover with remaining cake slice. Sprinkle with remaining sherry. Whip remaining cream. Cover top, add strawberries and chill. Serves 10-12.

Jacqueline A. Goodwin

YOGURT DESSERT
(Origin Unknown)

1 1/3 packets Knox unflavored gelatine
1 c. yogurt
6 Tbsp. sugar
1 tsp. vanilla extract
1 c. heavy cream
2-4 oz. slivered almonds

Dissolve gelatine in 2-3 tablespoons warm water. Add yogurt, sugar and vanilla to gelatine and mix well. Refrigerate until mixture starts to thicken, about 5-10 minutes, or until it becomes the consistency of an unbeaten egg white. Whip cream and fold into gelatine. Sprinkle with almonds and let set. Serve as such or with fresh fruit. Serves 8.

Susan Matthews

CRANBERRY SHERBET
(Ohio)

1 lb. fresh cranberries
1 c. sugar
1 orange
1 medium-sized can Pet evaporated milk

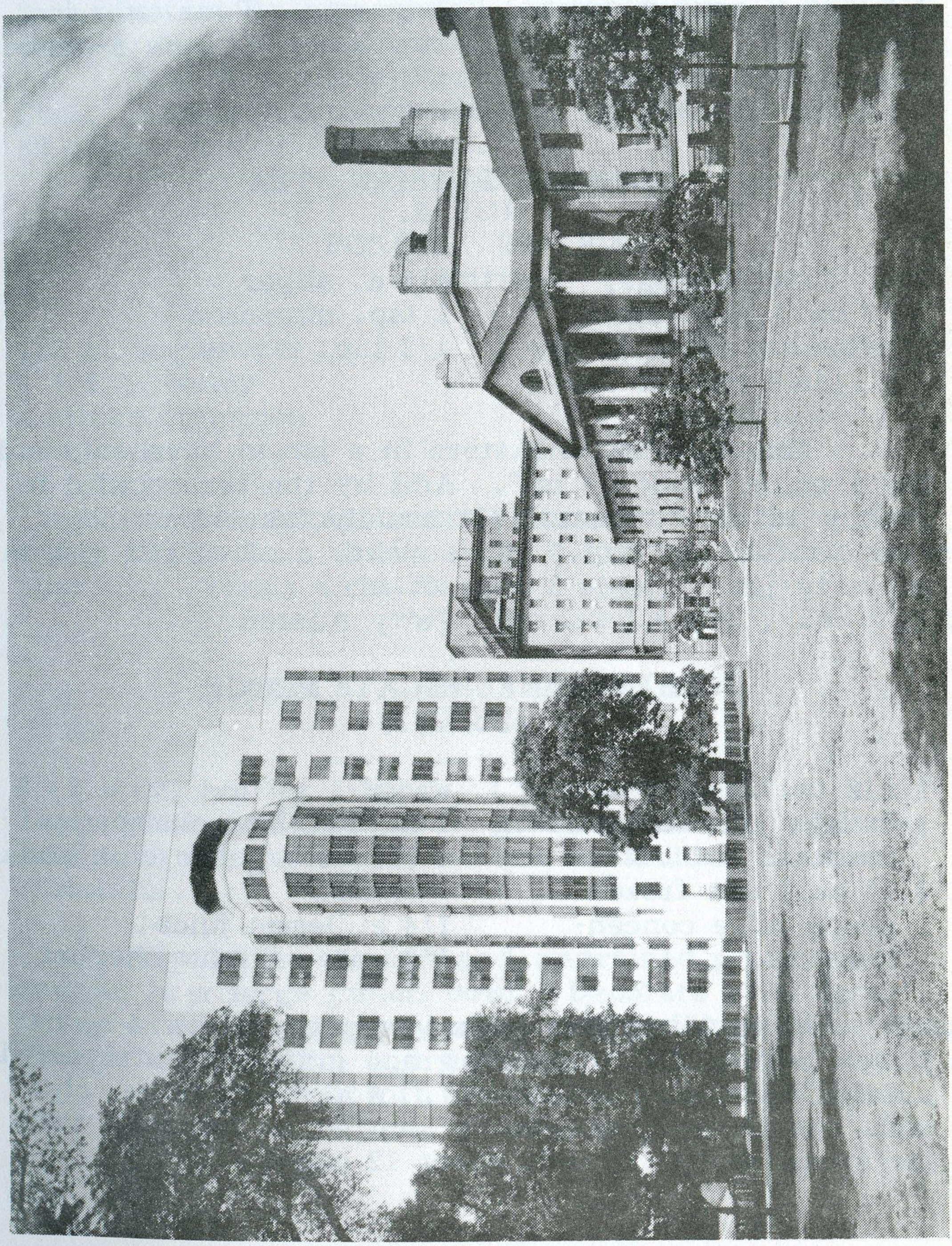
Cover cranberries with water; cook until soft. Then put cranberries through colander. Add sugar. Add the juice and grated rind of 1 orange. Add the Pet milk. Beat well, then freeze. Remove from freezer two times and let sherbet soften a little, and then beat well each time. Pour into muffin tins lined with aluminum foil or cupcake papers for easy removal and serving. Cover tightly. Serves 12.

Patty Loesch

** EXTRA RECIPES **

The completed White Building in June, 1940. It was dedicated on Ether Day, October 16, 1939, and occupation was begun immediately after the dedication. The Emergency Ward moved in first, followed closely by the operating rooms and the X-ray Department. The wards were moved over the next three months. The last floor was opened on January 22, 1940. The total cost of the building was $2,546,000.

Beverages & Miscellaneous



AUNT EVERIL'S ICED TEA
(U.S.A.)

6 tsp. loose tea
crushed fresh mint
1 c. sugar
2 1/2 c. boiling water
real lemon

Put tea and mint in a large bowl. Pour boiling water over it. Set 10-15 minutes. Strain and add 1 heaping cupful sugar. Refrigerate. Pour over ice cubes and add 1 tablespoon real lemon to each 8-ounce glass. Serves 2-3.

Maryanne Spicer

LUCY'S RUSSIAN TEA
(U.S.A.)

2 c. Tang (orange)
1 (3 oz.) pkg. lemon jello
1 c. plain instant tea
3/4 c. sugar
1 tsp. cinnamon
1/2 tsp. cloves

Mix together and store in a jar to have on hand for a quick "pick me up". Add by the teaspoonful to boiling water, to taste. (It usually takes 2 rounded teaspoonfuls per cup.) This makes a nice little gift in a pretty jar. Yields 3 cups of mix.

Patty Austen

CHAMPAGNE FLOAT PUNCH
(U.S.A.)

1 (12 oz.) can frozen orange juice concentrate
1 (6 oz.) can frozen grape juice concentrate
water
1 bottle white champagne
1 (28 oz.) bottle club soda, chilled
1/4 c. lemon juice
1/2 gal. rainbow sherbet

Make 15 minutes before serving. In a 4-quart punch bowl mix orange and grape juice concentrates with enough water as labels direct. Add lemon juice, club soda and champagne. Scoop sherbet on top with small ice cream scoop. Yields about 12 cups.

Note: For non-alcoholic, add another bottle of club soda in place of champagne.

Eleanor McLaughlin

KAHLUA
(Mexico)

3 c. sugar
4 c. water
2 oz. instant Antigua coffee (or other quality brand)
1 vanilla bean
1 qt. domestic brandy

Boil first three ingredients until discolored. Cool. Add last two ingredients. Bottle and age for 30 days. Yields 1/2 gallon.

Treg Henry

PONCHE DE PINA
(Mexico)

1/2 c. sugar
1 1/2 c. water
4 sticks cinnamon
12 cloves
1 (46 oz.) can pineapple juice
1 1/2 c. orange juice
1/2 c. lemon juice

Simmer sugar, water, cinnamon and cloves for about 30 minutes. Strain; add juices. Chill and serve over ice. Yields 6 quarts.

Bernadette Reilly-Smorawski

SUZI'S CHRISTMAS PUNCH
(U.S.A.)

2 (2 liter) bottles 7-Up
1 qt. lemon-lime sherbet
1 (8 oz.) can pineapple chunks
Cranberry Juice Ice Ring*
green maraschino cherries
red maraschino cherries

Mix 7-Up, sherbet and undrained pineapple chunks in a large punch bowl. Decorate with Cranberry Juice Ice Ring and many red and green cherries. This is very festive and delicious! Serves 20.

*Fill ice ring with cranberry juice and freeze.

Carlene Krey

ALL-PURPOSE SEASONING
(Yankee)

5 tsp. onion powder
2 1/2 tsp. paprika
2 1/2 tsp. garlic powder
2 1/2 tsp. powdered mustard
1 1/4 tsp. thyme
1/2 tsp. ground pepper

Mix all ingredients together. This low calorie seasoning will make your poultry, meat or fish very tasty. I sprinkle it on a few minutes before broiling. It can be stored in a tight-fitting container. Yields 1/3 cup.

Pat Beckles

BANANA JAM
(Jamaica)

1/4 c. fresh lime juice (about 1 medium lime)
2 1/4 c. sugar
1/2 c. water
3 1/2 c. diced firm, ripe bananas (about 6 medium, or 2 3/4 lb.)

Place lime juice in a 1-quart bowl. Peel bananas and dice directly into lime juice. Stir with wooden spoon after preparing each banana to coat fruit with juice to prevent darkening. Measure sugar and water into a wide 2 1/2-quart saucepan and stir to dissolve sugar as you bring syrup to a boil. Cover tightly for 1-2 minute(s) so steam will wash sugar crystals from sides of pan. Uncover. add banana mixture and boil over low heat for about 30 minutes or until thick. Stir often to prevent sticking, especially during last 10 minutes. Jam is done when a spoon scraped across bottom of pan leaves a track that closes slowly.

Spoon at once into hot, sterilized half-pint jars and seal. (Paraffin seal is not a good choice for this jam because it is so thick that it is difficult to smooth surface enough to allow secure paraffin seal.) Yields 4 cups.

Marilyn Swenson

CIRAK (EASTER CHEESE) EGG ROLL
(Czechoslovakia)

15 eggs
1 qt. milk
5-6 whole black peppers, crushed
pinch of salt

Pour milk into saucepan. Bring to a boil. Beat eggs slightly and add gradually to milk. Cook over low heat for about 7 minutes. Add salt and pepper. Stir constantly so mixture will not scorch. Pour mixture into cheesecloth, squeeze and tie tightly. Hang and let drain for 2 hours. Cover with wet napkin and refrigerate. Serves 12.

Variation: Add diced kielbasi (ham is good, too) when mixture begins to thicken.

Mike and Emily Gmitter

CRANBERRY CONSERVE
(New England)

1 lb. cranberries
2/3 c. cold water
2/3 c. boiling water
1/2 lb. seedless raisins
1 c. chopped nuts
2 1/2 c. sugar
1 whole orange, cut up fine (including skin)

Put washed berries in saucepan; add cold water. Let boil until skins break. Strain into another pan. Add boiling water, sugar, raisins, nuts and orange to the cranberries. Bring to a boil, then simmer for 20 minutes. Use a Foley strainer. Put in jars. Yields 5 jars.

Joan Carole Skane

SPICE TOASTED WALNUTS OR PECANS
(U.S.A.)

1 egg white
1 Tbsp. water
1/2 c. sugar
3/4 tsp. salt
1 tsp. cinnamon
1/4 tsp. ground cloves
1/4 tsp. nutmeg
2 c. walnuts or pecans

Lightly beat egg white and water. Mix nuts into egg white and water until well coated. Mix sugar, salt, cinnamon, ground cloves and nutmeg together.

Add to nuts and toss until well coated. Turn out onto buttered cookie sheet. Bake in a 300° oven for 30 minutes. Stir 2-3 times. Cool, again stirring until they have cooled and dried. Yields 2 cups.

Dorothy R. Kelliher

** EXTRA RECIPES **

MODIFICATION OF RECIPES

Hundreds of delicious recipes will be found on the pages of this cookbook. For a variety of health-related reasons you may wish to modify the recipe to meet your personal needs. Persons with diabetes will need to modify the sugar content of a recipe. Those with high blood pressure will want to reduce the salt content. People with high blood cholesterol levels, coronary heart disease, and those who wish to prevent these disorders will want to reduce the total fat (especially the saturated fat) in recipes.

Modifying recipes is very easy to do, and need not detract from the flavor. Once you get into the habit of modifying recipes, you will do it automatically. You will find that many of the old favorite recipes you thought were inappropriate for a healthy diet, with a few modifications, are as delicious as the original and are better for your health.

By using the following four-step process, recipes can easily be modified. Examples will be for modifying saturated fat and cholesterol, but the same steps can be followed to modify the sodium or sugar in recipes.

1. Identify the ingredients containing saturated fat and cholesterol. Look for butter, fat, shortening, margarine, oils,

skin on poultry, cream, whole milk dairy products, and eggs in the recipe.

2. Take each ingredient containing fat or cholesterol, and based on its function in the recipes:

   * REDUCE SOMEWHAT (e.g., 1/2 cup to 1/4 cup)

   * ELIMINATE COMPLETELY (e.g., remove skin from chicken)

   * SUBSTITUTE WITH A MORE ACCEPTABLE INGREDIENT (e.g., safflower oil for butter, egg whites or egg substitutes for whole egg, low fat yogurt for sour cream, skim milk for whole milk)

3. Review the directions to determine if a change in the cooking technique can be made. For example, use a non-stick pan (to reduce the amount of fat needed); prepare a stew or gravy ahead of time and refrigerate so that the fat may be skimmed off; broil or poach fish instead of frying it.

4. Write down the modifications, and jot down any comments after the recipe has been tried (in case you want to make further modifications).

Nadine Braunstein, M.S., R.D.
Clinical Nutritionist
MGH-Harvard Cardiovascular Health Center

Examples of Substitutions to Reduce the Saturated Fat in Recipes

FOR:	SUBSTITUTE:
1 cup butter	1 cup soft margarine or 1 cup safflower oil less 2 Tbsp.
1 cup heavy cream	1 cup evaporated skim milk
1 cup whole milk	1 cup skim milk
1 cup whole milk yogurt	1 cup skim milk yogurt
1 ounce baking chocolate	3 Tbsp. cocoa or carob powder + 1 Tbsp. safflower oil
1 cup regular cottage cheese	1 cup dry curd or low fat cottage cheese
1 cup sour cream	1 cup skim milk yogurt
1 oz. mozzarella or ricotta cheese	1 ounce of the part skim milk variety
1 whole egg	2 egg whites

The White Building and its surroundings today. This aerial view was taken in November, 1984. Once again, it will be necessary to remove existing buildings to make room for growth. Removal of the Baker and Vincent-Burnham Buildings and the Phillips House will provide the site for the new towers. An aerial view of the MGH in 1994 will almost certainly present a great contract with this view, as this view does with that of 1935.

SPONSORS

Anonymous
Lou
WIN
William Abbott, M.D.
Fred Abdalah
Eric Ablorh
Frederick Ackroyd, M.D.
Rita Addison, M.D.
Josephine Alessi
Catherine Allen
Jo Andarget
Frances Anderson
Helen Angell
Carole Angelo
Carol Annese
Rita Antognetti
Diane Archer
Anne Armstrong
Shirley Arnold
Bernard Aserkoff, M.D.
Josephine Auconi
W. G. Austen, M.D.
Myra Ayer
Mary Ayler
Thomas Ballentine, M.D.
Rowan Baptiste
Elsie Barnfield
Debbie Baron
Shirley Baron
Pam Bartlett
Mildred Baxter
Bill Bazzy
Mr. & Mrs. William Bazzy
G. Herbert Beard III
Orman Beckles
Pat Beckles
Phaedra Beckles
Jean Begg
John Begg
Martha Benes
Mary Benndetti
Jennie Bering
John Berry
Charles Bertolami, D.D.S.
Thomas Bilko, M.D.
Martha Birchell
Greg Bird
Sue Biro
Ann Bitzer
Maeve Blackman
Jeanette Blaine
Mr. & Mrs. Joe Blanchard
Peter Block, M.D.
Myrna Bocage
Jessie Bolden
Joan Bondreau
Alice Boudreau
Evelyn Boudreau
Joan Bourgault
Ralph Bouvier, Jr.
Ralph Bouvier, Sr.
Mariane Bower
John Boyle, M.D.
Muriel Bradford
Harry Branch
Terry Branch
David Brewster, M.D.
Nora Briald
Kathy Brown
Kenneth Brown
Mary Bryson
J. Robert Buchanan, M.D.
Barbara Buckley
Rosemarie Buonopane
Pam Burdette
Rose Burke
Betty Burns
Mrs. Julius Busch
Cathy Butler
Maureen Butrimowicz
Audrey Byrne
Joan Cacciola
John Cacciola
Vincent Capodilupo
Chester Capucci
Mrs. Vincent Caputo
Lisa Caramanica
Anita Carew
Helen Carey
Kathy Carey
Joyce Carr
Albert Carter
David Catalano
Joanne Catalano
Carolyn Catinazzo
Dan Caulfield
Rona Cavallaro
Althea Cervantes
Sally Chaffy
George Chappell
Julia Charbonneau
Spugeon M. Chase
Deborah K. Cherry
Louis Coccimiglio
Betty Codair
Norma Cohen
Mary Collins
Pauline Comfrey
John Constable, M.D.
Josephine Cookson
Nancy Coolberth
Amelia Corey
Karen Cornacchia
Lenny Corte
Manny Costa
Judy Cote
Rena Cottan
Claire Cotter
Sally Cottey
Tim Cotton
Ingrid Crichlow
Susan Croteau
Ruth Cullen
Larry Curtis
Richard Daggett
Ann D'Alelio
Mr. & Mrs. Joseph David
Scott Davis
Janice Day
Roberta Dee
Mary DeFelice
Rosemary DeForge
Anne Delaney
Jeannine Delaney
Michael Dellorfano
Francis L. Delmonico, M.D.
Diane Delorey
Dick Demers
Dorothy Dempsey
Ruth Dempsey
Edward Denning
Maria C. DeRosa
Maria I. DeRosa
Michael DeRosa
Rosaria DeRosa
Tina DeRosa
Mary T. Dickie
Gellestrina DiMaggio
Linda Dinius
Doris A. Dion
Carolyn Dirienzo
Henry DiRubio
Janet Doherty
Louise Doherty
R. Bruce Donoff, D.M.D., M.D.
Jean Donovan
Joyce Dowd
Stephen Dretler, M.D.
James Drinkwater
Kenny Drinkwater
Mark Drinkwater
Jennifer DuBose

SPONSORS

Ann Marie Duffy
Edward Duggan
Denise Dummer
Helen Dunbar
Jean Dunham
Ann Durfee
Gloria Durkee
Deirdre Egan
John E. Egan
Mr. & Mrs. David Egan
Lil Eisnor
Joan Marsha Elkin
Bernadette Elliot
Rose Elliot
Pam Enge
Ellen English
Yolanda Essler
Carmen C. Evans
Helen Evans
Marshe Farmelant
Jessie Farrell
Ruth Farrisey
Elaine Favello
Elizabeth Fee
Mary Feeney
Gail Fennessy
Brenda Ferdinard
Mary Jane Ferraro, Ph.D.
Anne Fiore
Timothy Fish
George Fisher
Lucy Fisher
Carol Flaherty
Lisa Flaherty
Rita Flaherty
Ursula Flannelly
Gregory Fletcher
Vera Flint
Hazel Foisy
Joan Folsom
Tony Fondren
Trudy Fondren
Barry Forde
Ivett Foster
Roseanne Freddura
Anthony S. Fucaloro
Anne Fuller
Thomas C. Fuller, Ph.D.
Robin Furtado
Ginger Gallant
Concetta Galluccio
Linda Galluccio
Fran Gardella
Kathy Garvin
Bob Gavazzi
Anne Gavin
Mark Gebhardt, M.D.
Patrick Geraghty
Tom Giacchetto
Ann Giacobbe
Tony Giarrusso
Vincenta Gilcruz
Jananne Gill
Sylvia Gioulis
Genevieve Giovannani
Arthur Givens
Lenny Givens
Percival Glasgow
Annette Gobbi
Mr. and Mrs. Gobbi
Judith Godden
Cynthia Goodwin
Mary Gordan
Sally Grace
Giulia Grassi
Edna F. Greeley
James Green
Karin Greenburg
Paul Greenwood
Acenia Gretchenuk
Andrew Gretchenuk
Peter Gretchenuk
Bob Grier
Marian Griffiths
Hermes Grillo, M.D.
Dot Groark
Diana Grobman
Allan Groostray
Gail Grootemaat
Debbie Grzybek
Tom Guerrier
Valerie Gumes
Walter Guralnick, M.D.
Emily Hajar
Mr. & Mrs. Emile Hajar
Paula Halpin
Harry Harding
Linda Hardy
Kevin Harrington
Joan Harris
Johhny Harris
Gary Hart
Jan Haywood
Lois Henderson
Marie Hibbert
Art Hickey
Chris Hinckley
Thomas Hinds
Sally Hoffman
Elizabeth Hogan
Patricia Hogan
Rosemary Holahan
Austin Holzer
Susan Hook
Mildred Horton
Charles E. Huggins, M.D.
Sue Hurford
George T. Hyatt
Mildred Hyatt
Blanche Hyde
Marilyn Iosua
Anya Israelson
Rosemary Jaromin
William Jay
Margaretta Jenney
Ann Jensen
Cyndy Johnson
Doris Johnson
Karen Johnson, Ph.D.
Mildred Johnson
Bill Jones
Diana M. Jones
Josephine Jones
Marjorie Jordan
Hazel Joseph
Pearl Joyce
Rosemarie Joyce
Jennie Kaizzi
Kathy Kaplan
Valerie Kara
Anne Karl
Georgette Katuna
Mr. & Mrs. Anthony Kayatta
Ann Marie Keegan
David Keith BDS, FDSRCS,DMD
Patricia Kelleher
Martha Kelley
John P. Kelly, D.M.D., M.D.
Erin Kennedy
Bob Kenny, M.D.
Kimberly Kent
Walter Kerr, M.D.
Shermie Kettell
Linda S. Kimball
Ellen Kinneally
Ronald Kleinman, M.D.
Kerstin Korpi
Katharine Kosinski, M.D.
Jane Kossman
Joe Kratohvil
Miller Krauss
Debbie Krudop

SPONSORS

Helen Lailer
G. LaMuraglia, M.D.
Peter Lapin
Teri Lawson
Brenda Learned
Billy Lee
Donna Lee
Lilly Lee
Mary Lee
Mary A. Lemole
Rosemarie D. Lemole
Shirley Levesque
Stephen Levisohn, M.D.
Annette Levitt
Evelyn A. Lewis
Marti Lewis
Ruth Lewis
Richard Liberthson, M.D.
Ellen Linton
Sandra Litch
Diana Logan
Cindy Londo
G. M. Long
Maria Lopez
Carolyn Lozzi
Carlene Lucas
Mary Luciano
Alice Luongo
Anna Luszcz
Beth Anne Lynch
Kevin Lynch
Martha Lynch
Helene Lyne
Elizabeth Maccini
Suzanne MacDonald
Terry MacDonald
Paula MacMillan
Christine Madden
Mary Ann Malloy
Joe Malone
Patricia Maloney
Mabel Mann
Linda S. Manning
Kathy Manzi
Carol Marcotte
Diane Marino
Jean Marott
William Marsters
Mr. & Mrs. Anthony P. Martino
Connie Martino
Frances J. Martino
Nancy Martino
Elizabeth Martins
Lorraine Matta

Geraldine E. Maxon
James May, M.D.
Bunny McAuliffe
Jean McAuliffe
Debbie McBeth
John A. McCluskey
Sallyanne McColgan
Karen McCollen
Marjie McCullough
Lynne McCusker
Suzanne McDermott
William McDermott
Judy McDonough
Berge McGee
Margaret McGrath
Anna M. McGuigan
Bridgid McKane
Jennie McKinney
Ambrose McLaren
Mary McLaughlin
Mr. & Mrs. Malcolm McLean
Lucy McLellan
Justin Melanson
Audrey Memos
Mr. & Mrs. Armand Menconi
Beverly Menzer
Napoleon Merlin
Dolores Merlino
John Merullo
Carol Mescal
Carmine Mirardi
Margaret Mirardi
Mrs. Joseph Mitchell
Shirley Mitchell
Diane Mix
Anthony Mobilia
Charles Mobilia
Evelyn Mobilia
Gertrude Mobilia
Kavas D. Mody
Mark Mohan
JoAnne E. Monahan
Denise Morico
Deidre Morrissey
Mr. & Mrs. G. Wayne Mosby
Robert Moynihan
Linda Mulhern
Judy Mullin
Yvonne Munn
Lee Murphy
Susan Murphy
Janet Nally
George Nardi, M.D.
Carolyn Nardone

Mrs. G. Nasti
Efrain Negran
Mae Nelson
Jane Neves
Judy Newell
Cindy Nigro
Cathy Nobaka
Kathy Nolan
Jim Norton
Bernard Nurse
Nancy Nyberg
Bette O'Connor
Justin O'Rourke
Sheila O'Shea
Eileen F. O'Sullivan
Genie Oxley
Reggie V. Pagan
Helen Palermo
Ruth Palumbo
Bob Pappagianopoulos
Pat Pappagianopoulos
Paul Pappagianopoulos
Peter Pappagianopoulos
Ellen Paquette
Dennis Pateras
Loretta Patrie
Patrick Patterson
Susan Pauley
Aurelia & Charles Pelonzi
Amelia Perelli
Joanne Perry
Dorothy Peterson
Jean Piazza
Dorothy Picardo
Lorna Picardo
Dot Pico
Gloria Pierre
Barbara Pikl
Ernestine Pinciaro
Louise Pinciaro
Michael Pisani, Jr.
Rose Pisani
Lisa Pizziferri
Gail Pratt
Lisa Prawdzik
Mary Priestly
Robert Pronco
Chad Propromos, M.D.
Alice Rabideau
Helen Rabson
Donna Ramoska
Roberta Raskin
Melvin Redford
Pat Regan, Ph.D.

SPONSORS

Maureen Reidy
William G. Reposa
Flora Reyes
Ellen Richardson
Samuel Roberts
Agnes Rockett
Patty Roger
Marti Roper
Catherine Rosa
Anthony Rose
Penny Rosenberg
Bruce Rossi
Christine Rossi
Helen Rossi
Tom Rothwell
Carter Rowe, M.D.
Cindy Rubin
Phyllis Rubin
Paul Russell, M.D.
Jerry Ruta
Dave Ryan
Mary T. Ryan
Judy Sacco
Nicholas Sassani
Rose Saviano
Donna Saxe-Peltier
Nina Schaefer
Tricia Brers Schneider
June Schwarz
Jack Sears
Evelyn Seaver
Suzanne Seckel
Edward B. Seldin, D.M.D.
Hilda Sequeira
Louise Sethmann
Maryellen Shachoy
Kathleen Shale-Dwyer
Patricia Shea
Maurice Shear
Anne Sheetz
Bob Shepard
Violet Shepherd
Diane Sherman
Lucille Sherman
Cindy Shields
Sharon Sholds
Helen Shotz
Marlene Sidon
MaryJane Silloway
Elaine Silverman
Mr. & Mrs. Andrew Simoni
David Singer

Judy Sitzman
MaryAnn Slowik
Bruce Smith
Charlotte Smith
Marie Smith
Susan Smith
Rosalyn Sneiderman
Sharon Solomon
Mary Spencer
Maryanne Spicer
Karen Spitzer
James Stamp
Margaret Stamp
Melissa Stamp
Walter Stamp
Walter Stamp, Jr.
Diane B. Stanely
Sue S. Stanhope
P. E. Carlisele States
Mary Steele
John Stella
Linda Stephen
Cheryl Stetler, Ph.D.
Olga Stewart
Betty Stillson
Alison Strong
John Stubbert
Angela Sullivan
Iris P. Sullivan
Rosemarie Sullivan
Mr. & Mrs. Edward Surette
Norma Swasey
Mr. & Mrs. John W. Swenson
Marj Taglieri
Carolyn Tamer
Marilyn Tannenbaum
Sally Taylor
George T. Terzides
J. C. Thakrol
Carolyn Thayer
Melissa Thomas
Josie Tieri
Debbie Tillman
Diana Titus
Judy Tomaszuck
Rose Tomaszuck
Cindy Tompkins
Cheric B. Toohy
Ann Treadwell
Al Trembly
Jane E. Trevithick
Claire Turgeon

Kathleen Turner
Mara Vajda
Fanny Valencia
Joanna Van Gerpen
Paul Van Ocken
Carrie Vanish
Judith Vasapoli
Diane Ventola
Lena Vigliotta
Rose Vigliotta
Marylou Volanth
Hazel Von Rosenvinge
Phil Waithe
Sylvia Walker
Jack Walsh
Mary Walsh
Emily Walters
Jim Waraquois
Sue Warden
Harold E. Warford
Carole Hyatt Washington
Donna Marie Weber
Mr. & Mrs. Nathan Weiner
Sylvia Weld
Anna Wentworth
Thelma E. Wentworth
Gerty White
Jean White
Tony White
Gareth Whittier
Joseph W. Wilkes III, DMD, MD
Stanley Willette
Laura Williams
Sharon Williams
Unious D. Williams
Judy Wilson
Nancy Wilson
Cathy Woodman
Janice Woodworth
Janet Workman
Carolyn Wortman
Mr. & Mrs. Henry L. Wortman
George E. Yakes
MaryEllen Yanulis
Donna Yargeau
Helen C. Young
Maureen P. Young
Kathleen Zagata
Bertram Zarins, M.D.
Beverley Zellner

INDEX OF RECIPES

APPETIZERS, RELISHES & PICKLES

	Page
Eggplant Antipasto	2
Hutton's Best Antipasto	2
Artichoke Squares	3
Eggplant Caviar	3
Hors d'Oeuvres	4
Mushroom Spread	4
Mushroom Canapes	4
Stuffed Mushrooms	5
Hot Potato Appetizer	5
Spinach Balls	5
Herb Spinach Balls	6
Spinach Squares	6
Boursin Cheese	7
Boursin Cheese	7
French Garlic-Herb Spread	7
Brie en Croute	8
Fruit Cheese Ball	8
Pineapple Cheese Ball	8
Turkey Cheese Ball	9
Italian Cold Cuts Calzone	9
Caviar Pie	10
Artichoke Dip	10
Festive Bread Dip	10
Marinated Broccoli and Dip	11
Caviar Dip	11
Hot Cheese Dip	12
Tasty Hot Clam Dip	12
Holiday Crab Dip	12
Hot Crab Dip	13
Dill Dip	13
Green Goddess Dip	13
Thermal, California, Guacamole	14
Guacamole Dip	14
Homos bi Tahini	14
Hummous	15
Horseradish Dip	15
Shrimp Dip	16
Dip for Raw Vegetables	16
Veggie Dip	16

Page

Chili con Queso 16
Chili Rellenos Squares 17
Mexican Green Chilaquiles 17
Jalapeno Hors d'Oeuvres 18
Mexican Surprise 18
Super Nachos Elm Grove 18
Nachos Dip 19
Bitteballen 19
Buffalo Wings 20
Marinated Chicken Wings 20
Marinated Chicken Wings 21
Minced Clam Hors d'Oeuvres 21
Crabmeat Canapes 22
Crab Stuffed Avocado with Lamaze Sauce ... 22
Marinated Mackerel 22
Seviche..... 23
Cheese Shrimp Puffs 23
Shrimp and English Muffin Appetizers 24
Super Shrimp Appetizers 24
Tuna Mousse 25
Bacon Rolls 25
Sweet and Sour Kielbasa 25
Texas Lagniappe 26
Marble Surprise 26
Bourbon Meat Balls 27
Sweet and Sour Meat Balls 27
Sweet and Sour Meat Balls 28
Sausage Appetizers 28
Sausage Cheese Puffs 28
French Bread Rounds 29
Brandied Cranberries 29
Curried Fruit 30
Ripe Cucumber Pickles 30
Crispy Pickles or Zucchini Slices 31
Zucchini Relish 31
Hearty Country Soup Stock Mix 32

SOUPS, SALADS & SAUCES

Autumn Bisque 34
Artichoke-Oyster Soup 34
Curried Avocado and Apple Soup 35

	Page
Barley Broth	35
Barley Soup	36
Bean Soup	36
Czech Beef Soup	37
Broccoli Soup	37
Broccoli-Cauliflower Soup	38
Brown Rice Lentil Soup	38
Crab Soup	39
Fish Chowder	39
Cape Ann Bouillabaisse	40
Haddock Chowder	40
Chickpea Soup	41
Hearty Country Soup	41
Kapusta	42
Chicken Avgolemono Soup	42
Rebecca Webster's Chicken Soup	43
Chicken Chowder	43
Cock-A-Leekie	44
Corn Chowder	44
Chicken Corn Soup	45
Gazpacho	45
The Best Minestrone Soup in the World	46
Mulligatawny Soup	46
Out of the Ordinary Onion Soup	47
French Onion Soup	47
Pizza Pie, Hoagie Bean Soup	48
Kale Soup	48
Portuguese Kale Soup	49
Sauerkraut Soup	49
Sausage-Zucchini Soup	50
Spring Soup	51
Sunday Supper Soup	51
Hearty Tomato Soup	52
Yogurt Carrot Soup	52
Authentic Greek Salad	54
Beckles Salad	54
Cold Pasta Salad	54
Cucumber and Crab Salad	55
Cranberry Salad	55
Chicken Pasta Salad	56
Chicken Salad	56
Frayda's Chicken Salad	56

Page

Gaucho Salad 57
Green Pea Salad Elegante 57
Heather's Great Salad 58
Mandarin Orange Mold 58
Molded Cranberry-Wine Salad 58
Mrs. Wiegner's Potato Salad 59
Orange Delight Salad 59
Orzo and Artichoke Salad 59
Pasta Salad 60
Pineapple Cheese Lime Mold 60
Rice and Vegetable Salad 61
Roasted Pepper Salad 62
Summer or Polynesian Rice Salad 62
Summer Rice Salad 63
Tabooleh 63
Aunt Helene's Cole Slaw Dressing 63
Barbeque Sauce 64
Blender Hollandaise Sauce 64
Blue Cheese Dressing 64
Brigham's Chocolate Sauce 65
Broccoli Vinaigrette 65
Caesar Salad Dressing 66
Fruit Salad Dressing 66
Hot Chocolate Sauce 66
Jezebel Sauce 67
Rassulo's Tomato Sauce 67
Squid Sauce for Pasta 67
Taratour 68

MAIN DISHES

Cold Peanut Butter Noodles 70
Garden Supper Casserole 70
Mike's "Hearty" Casserole 70
Roppie Pie 71
Hot Chicken Salad 71
Chicken Pot Pie 72
Crunchy Chicken Casserole 72
Fluffy Rice and Chicken 73
Mexican Lasagna 73
Zubeefi 74
Zucchini-Hamburger-Cheese Casserole 74

	Page
Corn Moussaka Dinner	75
Moussaka	75
Swedish Meat Balls	76
Piroshki	77
Stuffed Grape Leaves	78
Dolmathes	78
Pasticcio	79
Cow Pie	80
Beef Cutlet	80
Hearty Man's Casserole	81
Country Beef Pie	81
South African Bobotie	82
Stuffed Eggplant	82
Kibbee	83
Pastel Dechocolo	83
Chili	84
Meat Fathiyed	84
Baked Stuffed Eggplant Boats	85
Lamb Casserole	85
Stuffed Squash	86
Cabbage Rolls	86
Gotabki	87
Holubki	87
Pepper Steak	88
Pizza Rustica	88
Hog Maw	89
Tourtiere	89
Pork and Sauerkraut	90
Pate en Croute	90
Calzone	91
Italian Sausages with Rice Casserole	92
Toad in the Hole	93
Pepperoni Pie	93
Kaprika	93
Farmer's Pork Chops	94
Stuffed Savoy Cabbage	94
Fried Cabbage	95
Spaghetti a la Carbonara	96
Spaghetti a la Carbonara	96
Cioppino	97
Crab Casserole	97
Sherried Crabmeat Casserole	98

Page

Shrimp and Cheese Casserole 98
Broccolini Pasta 99
Linguine with White Clam Sauce 99
Linguine with Clam Sauce 100
Eggplant Parmesan 100
Linguine with Pesto Sauce 101
Noodle Lasagna 101
Fettucine al Pesto 102
Bruach Cheese and Tomato Pie 102
All-Purpose Quiche 103
Spinach Quiche 103
Spanakopita 104
Spinach Mushroom Lasagna 105
Orzo 105
Mock Surrum 106
Baked Ziti Casserole 106
Curried Rice 107
Saba Rice 107
Rice Pilau 107
Rice Pilaf 108
Beacon Hill Stir-Fry 108
Calabacitas 109
Easy Cheese Souffle 109
Pecan Cheese Balls or
Meatless Meat Balls 110
Eggs Rancheros 110
Eggplant Parmigiana 111
Baba Ghanouj 111
Curried Lentils 112
Mujaddarah - Lentil Dish 112
Nut Loaf 113
Spinzone 113
Squash Souffle 114
Welsh Rarebit 114

MEATS, POULTRY & SEAFOOD

Sausage Wraps 116
Glazed Red Corned Beef 116
Beef Brisket 117
Corn Your Own Beef 117
Rump Roast 118

	Page
Eye of the Round	118
Beef Roll-Ups	119
Rouladen	119
Beef Braciolettini	120
Pot Roast	120
Old-Fashioned Pot Roast	121
Pot Roast or Beef Stew	121
Beef in Guinness Stout	122
Sauerbraten	122
Scotch Beef Hramsa	123
Beef Stroganoff	123
Beer Marinated Stroganoff	124
Bul-Go-Gi	124
Favorite Meat Loaf with Piquante Sauce	125
Swedish Meat Balls	125
Ground Meat Kebob	126
Oven-Barbecued Ribs	126
Sausage in Polish Sauce	126
Fried Sausage	127
Rum Roasted Pork Loin	127
Baked Pork Chops	128
Easy Meal	128
Pork Chops Delicious	129
Carne Vinho d'Alhoes	129
Portuguese Pork Chops	130
Swiss Pork Filet	130
Char Siu	131
Sweet and Sour Pork	131
Ham with Cranberry Sauce	132
Schnitz und Knepp	132
Frayda's Crown Roast of Lamb	133
Afghan Shish Kebob	134
Peruvian Lamb and Cranberries	134
Turkish-Style Roast Leg of Lamb	134
Veal Cutlet Parmigiana	135
Veal a la Francaise	136
Veal Cordon Bleu	136
Quick Chicken	140
Guong Tree Chicken	140
Chicken Oriental	141
Chicken Cordon Bleu	141
Spanish Lemon Chicken	142

	Page
Australian Mango Chicken	142
Chicken Parisienne	143
Chicken Chausseur	143
Mom's Steamed Chicken and Mushrooms	144
Chicken Divan	145
Mexican Chicken	145
Szechuan Chicken	146
Syrian Chicken	146
Chicken in Parchment	147
Sesame Chicken	147
Gingered Chicken with Snow Peas	147
Chicken Polito	148
Indonesian Chicken Curry	149
Chicken Piccata	149
Chicken Mandarin	150
Paper Wrapped Chicken	150
Chicken Mexico	151
Roasted Pheasant	151
Chicken Divan	151
Lemon Chicken	152
Chicken Curry	152
Roast Turkey, Stuffing and Gravy	153
Mom's Oven Fried Chicken	154
Chicken Curry	155
Oven-Fried Chicken	155
Chicken Parpikash	155
Caribbean Chicken a la Christiana	156
Chicken and Cashews	156
Chicken a la Charles	157
Chicken Tropical	157
Shrimp with Feta Cheese	158
Raymond Hills Fish	158
Baked Stuffed Fillet of Sole	159
Shrimp Savoy	159
Langostino Pie	160
Spicy Mussels Marinara	160
Shrimp Dejonghe	161
Calamaretti Ripleni	161
Walking Steamers	162
Scallops in Sauce	162
Katy Barrett's Clam Delight	163
Scalloped Clams	163

Page

Swordfish with Ground Mustard Sauce 164
Yellow Tail Florentine 164
Seafood Thermidor 165
Florence's Seafood Newburg 165
Fillet of Sole Roll-Ups in Wine Sauce 166
Baked Bluefish 166
Crisp Butterfly Shrimp 167
Cullen Skink 167
Szechuan Fish 168
Foil Baked Fish 168
Baked Pollock with Mushrooms 168
Salmon Loaf 169

VEGETABLES

Artichoke Casserole 172
Artichoke Frittata 172
Asparagus in Wine 172
Miss Becky's Asparagus Casserole 173
Baked Beans 173
Baked Beans Casserole 174
Mich's Magic Beans 174
Chopped Broccoli Casserole 175
Creamy Broccoli with Noodles 175
Sweet and Sour Cabbage 175
Cabbage Stir-Fry 176
Bohemian Sauerkraut 176
Carrot Glaze 177
Puree of Carrots, Turnips and Parsnips 177
Baked Cauliflower with Tomato,
Lemon and Triple Sec 177
Celery Plus 178
Cheese Grits 178
Corn Pudding 179
Welshkann Oyschters 179
Onion Pie 179
Pea Casserole 180
Pirogi 180
Kugeli - Baked Potato Pudding 181
Mashed Potato Casserole 181
Helen Zartman's Potatoes 182
Herbed Potato Bake 182

Page

Lemon Potato Puff 182
Refrigerator Mashed Potatoes 183
Rumbledethumps 183
Anita D's Sweet Potato Fluff 184
Grandmother's Sweet Potatoes 184
Sweet Potato Casserole 184
Spinach Balls by Michael 185
Spinach Casserole 185
Spinach Quiche Quickly 185
French Tomatoes 186
Tomato Pudding 186
Zucchini Crescent Pie 186
Zucchini Fritte con la Fastella 187
Newmarket Zucchini 187
Zucchini Pie 188
Vegetable Medley 188

BREADS, ROLLS, PIES & PASTRY

Banana Nut Bread 190
Mexican Corn Bread 190
Dilled Cottage Cheese Bread 191
Cranberry-Fruit Nut Bread 191
Date Nut Bread 192
Portuguese Easter Bread 192
Garlic Bread 193
Swedish Cardamom Bread Ring 193
Braided Tea Ring 194
Lemon Tea Bread 194
Lemon Bread 195
Mrs. Wool's Irish Bread 195
Irish Bread 196
Irish Bread 196
Irish Bread 197
Roscommon Irish Bread 197
Oatmeal Brown Bread 197
Aunt Sophie Sears' Oatmeal Bread 198
Fresh Orange Bread and Butter 198
Potato Bread or Rolls 199
Pumpkin Bread 200
Raisin Apple Bread 200
Mary Anne's Spoon Bread 201

	Page
Strawberry Bread	201
Sugar Plum Bread	202
Massa Souvada	202
Quick Wheat Bread	203
Shredded Wheat Bread	204
Zucchini Bread	204
Caramel Pecan Rolls	205
English Scones	205
Blueberry Coffee Cake	206
Cream Cheese Coffee Cake	206
Finnish Coffee Bread	207
Johnnycake	208
Sour Cream Coffee Cake	208
Banana Bran Muffins	209
Blueberry Muffins	209
Refrigerator Bran Muffins	209
Doughnut Muffins	210
Dutch Breakfast Pancake	210
Norske Pancakes	211
Potato Pancakes	211
Yorkshire Pudding	212
No Beat Popovers	212
Fail Safe Perfect Crust	212
Cranberry Apple Pie	216
Swedish Apple Pie	216
Black Forest Cherry Pie	216
Double Chocolate Pie	217
Chocolate Mousse Meringue Pie	217
French Silk Chocolate Pie	218
Cracker Pie	218
Ice Cream Pie	219
Lemon Meringue Pie	220
Light 'n Fruity Pie	220
Mocha Cheese Pie	221
Peach Glaze Pie	221
My Favorite Pecan Pie	221
Peanut Butter Pie	222
Shoo-Fly Pie	222
Strawberry Parfait Pie	223
Ecclefechan Butter Tart	223
Tarte Normande	224

Page

CAKES, COOKIES, FROSTINGS & CONFECTIONS

Apple Cake (World's Best) 226
Aunt Jo's Banana Cake 226
Australian Greek Coconut Cake 227
Better than Sex Cake 227
Blueberry Cake 228
Blueberry Cake 228
Brenda's Coconut Cake 228
Carrot Cake 229
Carrot Cake 230
Cheesecake 230
Chocolate Cream Cake 231
Chocolate Pound Cake 232
Coconut Loaf 232
Eclair Cake - Fourth of July Cake 233
Flourless Chocolate Cake 233
4-Layer Angel Creme Cake 234
Fruit Cheese Cake 234
Gooey Butter Cake 235
Grandma's Chocolate Birthday Cake 235
Honey Cake 236
Honey Cake 236
Irish Whiskey Cake 237
Lemon-Apricot Cake 238
Lemon Cheesecake 238
Mrs. S's Cheese Cake 239
No Bake Diet Cheese Cake 239
Nolait 240
Praline Cake 240
Pumpkin Cheesecake 241
Pumpkin Crumb Cake 241
Raisin Pound Cake 242
Sally's Marble Cake 242
Scandinavian Apple Cake 243
Sharon's Spice Cake 244
Spice Cake 244
Spice Cake 245
Sour Cream Blueberry Cake 245
Sour Cream Cheese Cake..... 246
Swiss Chocolate Cake..... 246
Vinnie's Favorite Cake 247
Almond Cookie Loaf 250

	Page
Almond Lace Wafers	250
Andrew's Fudgies	250
Anise Cookies	251
Apricot Jam Bars	251
Apricot-Nut Rugelah	252
Beacon Hill Cookies	253
Brownies	253
Butterballs	253
Butterscotch Sticks	254
Chocolate Chip Cookies	254
Chocolate-Mint Brownies	254
Chocolate Lace Cookies	255
"Chunkies" Cookies	256
Date Nut Balls	256
4 by 4 Coconut Cookies	256
Ginger Cookies	257
Gram's Molasses Cookies	257
Hello Dolly Cookies	258
Hermits	258
Great-Grandma's Hermits	259
Holland Butter Almond Cookies	259
Italian Anise Biscoti	259
Italian Cookies	260
Kathy Nee's Hermit Bars	260
Kiffles	261
Kourabiedes	261
Kourambiathes	262
Lemon Squares	262
Lovers Knots	263
MacLeod's Shortbread	263
Maine Oatmeal Cookies	264
Mary Lemole's Honey Balls	264
Millie's Favorite Cookies	265
Moist and Chewy Brownies	265
Molasses Cookies	266
Mrs. Torrey's Oatmeal Cookies	266
Noel Balls	266
Oatmeal Fudge Bars	267
One-Two-Three	268
Peanut Butter Cookies	268
Pecan Delights	268
Pepparkakor	269

	Page
Peppernuts	269
Pieroszki	270
Raisin-Walnut Cluster	270
Reese's Peanut Butter Squares	271
Ruth Moulton's Spice Balls	271
Santa Claus Cookies	271
Shortbread	272
Snowflake Cookies	272
Spritz Cookies	273
Squares	273
10-Minute Jam Bars	274
Stjarnor	274
Waffle Anise Cookies	274
Whole Wheat Chocolate Chip Nut Bars	275
Brown Butter Frosting	275
Creamy Chocolate Frosting	276
Sharon's Buttercream Frosting	276
Caramels	277
Hellensburgh Toffee	277
Peanut Butter Fudge	278
Potato Candy	280

DESSERTS

Apples Baked in Butter	280
Apple Matzoh Kugel	280
Apple and Mincemeat Crumble	281
French Apple Slices	282
Apple Fritters	282
Apple Pan Dowdy	282
Chocolate Bread Pudding	283
Chocolate Steamed Pudding	283
Traditional Christmas Pudding	284
Lappa Puuro	284
Icebox Pudding	285
Indian Pudding	285
Noodle Pudding	286
Lukchen Kugel	286
Mimi's Noodle Pudding	287
Snow Pudding	288
Cannoli	289
Cassata a la Siciliano	

Page

Cherries in the Snow 289
Fruit Dip 290
Baked Devil's Float 290
Anna's Grapefruit Dessert 290
Peach Cream 291
Shortcut Strudel 291
Quick Strawberry Mousse 292
Linzer Tarte 292
Pavlova 293
Plum Tart 293
Schaum Torte 294
Tortoni 294
Ice Cream Dessert 295
Chocolate Trifle 295
English Trifle 296
Sherry Trifle 296
Yogurt Dessert 297
Cranberry Sherbet 297

BEVERAGES & MISCELLANEOUS

Aunt Everil's Iced Tea 300
Lucy's Russian Tea 300
Champagne Float Punch 300
Kahlua 301
Ponche de Pina 301
Suzi's Christmas Punch 301
All-Purpose Seasoning 302
Banana Jam 302
Cirak (Easter Cheese) Egg Roll 303
Cranberry Conserve 303
Spice Toasted Walnuts or Pecans 303
Modification of Recipes 305

M.G.H. COOKBOOK ORDER FORM (1 to 9 copies)

Mail To: M.G.H. Cookbook P.O. Box
Massachusetts General Hospital
32 Fruit Street, Boston, MA 02114

Please send me _____ copies of the M.G.H. Cookbook at $4.95 per copy.

Deliver To:
Name _____

M.G.H. Location _____ Ext. _____

- or -

Please mail me _____ copies of the M.G.H. Cookbook at $4.95 per copy, plus $.75 postage per copy to:

Name _____ Telephone _____

Street _____ City _____ State/Zip _____

Enclosed is my check or money order made out to the M.G.H. Cookbook for _____.

M.G.H. COOKBOOK ORDER FORM (10 copies)

SPECIAL PRICE $4.50 per copy

Mail To: M.G.H. Cookbook P.O. Box
Massachusetts General Hospital
32 Fruit Street, Boston, MA 02114

Please send me 10 copies of the M.G.H. Cookbook at $4.50 per copy.

Deliver To:
Name _____

M.G.H. Location _____ Ext. _____

- or -

Please mail me 10 copies of the M.G.H. Cookbook at $4.50 per copy plus $5.00 postage to:

Name _____ Telephone _____

Street _____ City _____ State/Zip _____

Enclosed is a check or money order made out to M.G.H. Cookbook for _____.

2437-5

Thank You...

YOUR PURCHASE OF THIS UNUSUAL COOKBOOK HAS HELPED A WORTHY ORGANIZATION **RAISE NEEDED FUNDS**

NOW YOUR CHURCH, SCHOOL OR OTHER GROUP CAN USE THIS EASY, PROVEN PLAN TO

Raise $300 to $3,000

and more, without risk or investment!

Friends, neighbors, relatives will be delighted to buy your cookbooks. ***Recipes are submitted by your members,*** so books are available only from your group. And they're PERSONALIZED with the name of your organization and names of members whose recipes are used. We help you every step of the way and ***we guarantee your success!*** NO INVESTMENT, NO RISK. Fill out and mail postage-free card below for full facts. Do it NOW!

ONLY FUNDCRAFT COOKBOOKS OFFER ALL THIS AT NO EXTRA COST!

Full color cover design or your own cover design

10 full color section dividers

Full recipe index

4 local information pages, local photo of your choice

26 pages of helpful cooking information

Fundcraft

The *Original* Personalized Community Cookbook Publishers
410 Highway 72 West
P.O. Box 340 • Collierville, TN 38017

OR

For Free Facts

CALL TOLL-FREE!

1-800-351-7822, Ext. 5

(In TN, call 1-800-325-1994, Ext. 5)

RETURN THIS CARD NOW FOR FULL FACTS WITHOUT COST OR OBLIGATION!

FUNDCRAFT PUBLISHING,
410 Highway 72 West, P.O. Box 340
Collierville, Tennessee 38017

YES! We're interested in your no-risk; no investment fund-raising plan. Please rush full facts.

Organization _____ No. of Members _____

Your Name _____

Address _____

City _____ State _____ Zip _____

If you belong to an organization that needs money, RETURN THIS POSTAGE-PAID CARD NOW for FREE fund-raising facts!

OR

For Free Facts
CALL TOLL-FREE!
1-800-351-7822, Ext. 5

(In TN, call 1-800-325-1994, Ext. 5)

(Tear along perforation, fill in other side and mail)

NO POSTAGE
NECESSARY
IF MAILED
IN THE
UNITED STATES

BUSINESS REPLY MAIL
FIRST CLASS PERMIT NO. 58 COLLIERVILLE, TN

POSTAGE WILL BE PAID BY ADDRESSEE

Fundcraft Publishing
410 Highway 72 West
P.O. Box 340
Collierville, TN 38017